

ANDOVER TOWNSMAN



Photo by Lisa Adelsberger

Supporters of James Fox and Barry Finegold held signs outside the Senior Center Tuesday, where precincts 1, 3 and 8 voted.

In Andover, Finegold beat Fox by 12 votes

By Neil Fater

After squeaking through Andover with a 12-vote lead, Barry R. Finegold was carried to the 17th Essex state representative seat by the voters of heavily-Democratic Lawrence.

Mr. Finegold beat his opponent, Republican Jim Fox, 8,318 votes to 7,679, in the most-watched local race on the ballot.

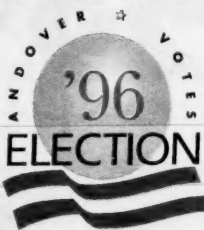
"If there's one candidate that will never, ever, ever forget Lawrence" it's me, Mr. Finegold

said to cheers during his acceptance speech Tuesday night at Palmer's restaurant.

"Tonight is really, really special for me," he said. "When this thing got started in February, I really felt that destiny was on my side."

So was a well-organized Democratic party and plenty of campaign money. Both candidates acknowledged the importance of these factors, although

(Continued on page 29)



Downtown Andover to be lit for the holidays

By Don Staruk

Downtown Andover will have lights for the holidays, thanks in part to a group of local merchants and individuals who would not let an Andover tradition die.

"A lot of people have stopped

me to tell me they remember growing up in Andover and what it was like coming downtown and seeing it all lit up, and they want their kids to have that same feeling," said Chip Rogers, *Townsmen* publisher. "I have

(Continued on page 8)

Ambassador-in-blue to speak at Monday's Vets Day ceremonies

By Don Staruk

For the first time, Andover will have a woman as guest speaker during Veterans Day ceremonies this Monday, Nov. 11.

Retired U.S. Air Force Captain Debby Dubay will be the guest speaker at Ballardvale Green at 11:30 a.m.

Capt. Dubay, of Melrose and owner of Limoges Antiques on Post Office Avenue, retired from the Air Force in July 1995 after 20 years of service. She rose through the enlisted ranks to captain, retiring from the position of chief of protocol at Hanscom Air Force Base in Bedford. In that position, she organized and oversaw state and military functions involving dignitaries, including presidents and vice presidents of the United States and their counterparts from other nations.

That experience led Andover's 350th Celebration Committee to enlist her as the town's liaison for former President George Bush's visit to Andover last May. She also helped organize the 350th Anniversary Parade in September.

In her address on Veterans Day, Capt. Dubay says she will talk about "patriotism

(Continued on page 4)

Veterans Day ceremonies begin Monday at 10 a.m.

Veterans Day will be observed in Andover Monday, Nov. 11, when American Legion, Veterans of Foreign Wars and Disabled American Veterans meet at the Andover Public Safety building at 32 North Main St. at 10 a.m. to form a firing detail and color guard. The group will proceed to Spring Grove Cemetery for the ceremony, to start at 11. Immediately following the Spring Grove ceremony, participants will proceed

(Continued on page 4)

Early deadlines for Veterans Day; here's what's closed Monday

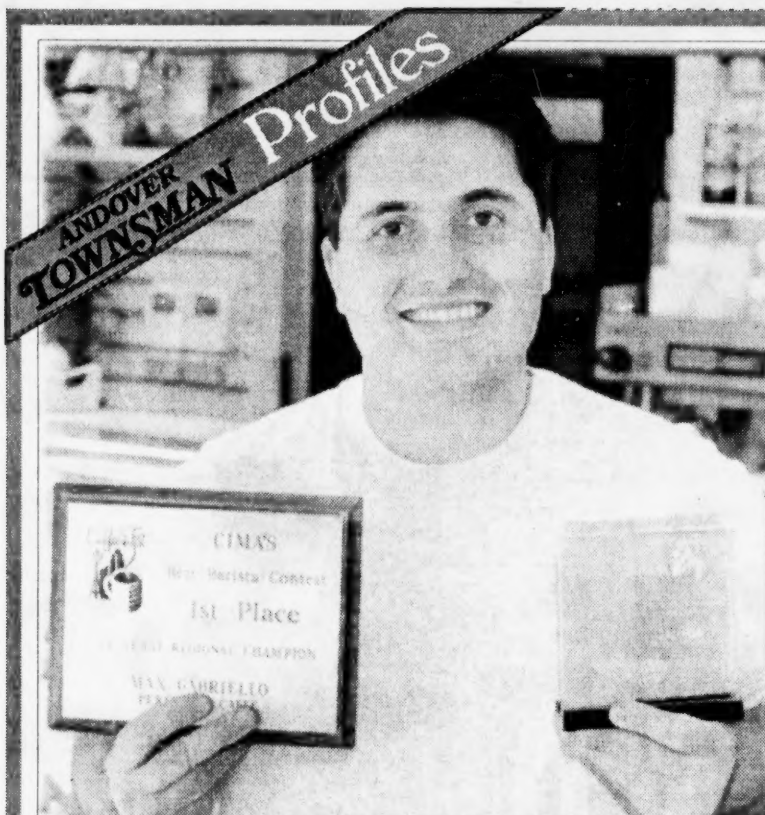
Monday, Nov. 11, is Veterans Day. The *Townsmen* will be closed.

Early deadlines for news and advertising will be in effect. Deadline for news and display ads is tomorrow, Friday, at noon; deadline for school news is today, Thursday. The deadline for classified ads remains Tuesday at noon.

Here's what's closed on Veterans Day: Memorial Hall Library, schools, banks, the Senior Center, town offices and post offices.

Market Basket will be open 1-9; rubbish collection will be delayed by one day; and liquor stores are allowed to be open.

Next week: Town Directory / Home delivery: 475-1943



Awarded for daily grind

By Don Staruk

Max Gabriello makes a goooood cup of coffee. In fact, he makes the third best cappuccino in the nation.

Mr. Gabriello, owner of Perfecto's Caffè at 79 N. Main St., placed third in the National Best Barista Competition held in Seattle, Wash., Oct. 4-6.

Mr. Gabriello won the three-day Northeast Regional Barista Championship for coffee making last fall in Boston to qualify for the Nationals.

The competition judges the best bartender of espresso drinks, including cappuccino and latte, according to Mr. Gabriello.

"It was our skills making coffee."

Judges look at proper extraction and extraction time, temperature of the water, temperature of the milk, the amount of coffee to water, the accuracy of formula, speed and flavor.

Mr. Gabriello won his competition the first two days in Seattle, but finished third in the finals.

"I got a little nervous," he says, with the mobs of people including the local television news.

He'll compete again

But Mr. Gabriello says he'll be back.

"The winner gets to go to Italy for a week, so I'm going to practice up and go for it again next year."

Four years ago

Mr. Gabriello, 31, and his family opened Perfecto's on

North Main Street four years ago this February, and a second store in the Butcher Boy Marketplace on Route 125 in North Andover last February.

"We have been successful," Mr. Gabriello says.

The family

The "we" includes members of the Gabriello family: brother, Andrea, who now runs the North Andover store; sister, Joanne Fakir; and parents, Salvatore and Lucia; and sister-in-law, Nancy Gabriello, who keeps the books. It is also the 15 full- and part-time employees in each store.

Mr. Gabriello learned formulation and baking working eight years at Kraft Foods in Medford. He and his family members talked about every detail of their own store for at least two years before it appeared the recession was over and it was time to "spread my wings," Mr. Gabriello says.

Mr. Gabriello, who emigrated from Augusta, Sicily, in 1968 with his family, lives in Malden with his wife, Shelly, and 26-month-old son, Tory, and they are expecting another child in February. He is a member of the Andover Center Association. And he is very active in and a recent appointee to the board of directors of Unico, a group of Italian businessmen who raise money for the less fortunate.

Mr. Gabriello, who works 60 to 80 hours a week, says he is always working.

"When I leave here, I still have Perfecto's on the brain."

Award recognizes community spirit

The *Townsmen* is looking for nominations for its Community Spirit Award, to be given at the first of the year to an organization or individual who has done something extraordinary for the town or for individuals in town. The newspaper asks groups or individuals to nominate people or organizations for the award. A panel of five commu-

nity people will make the award decision.

Norma Gammon, chairwoman of the 350th Committee, was last year's winner.

Please write the nomination in one page or less. Include your name and phone number. Nominations are due Thursday, Dec. 5. Questions? Call Editor Perry Colmore at 508-475-1943.

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NEWS IN BRIEF

Disability Commission seeks new members

The Andover Commission on Disability will meet Wednesday, Nov. 13, at 6:15 p.m. in the third floor conference room at Town Offices, 36 Bartlet St. New members are needed. For reasonable accommodation, call 623-8335 and leave a message.

Cholesterol clinic Nov. 13

The Andover Board of Health will hold a cholesterol screening clinic Wednesday, Nov. 13, from 9 a.m. to noon for Andover residents only. An appointment is necessary.

The simple fingerstick test for total cholesterol costs \$5 and does not require fasting. The program includes dietary counseling by the public health nurse and referral to your private physician for follow-up care as needed.

For further information or an appointment, call the health department at 623-8295.

Housing options for seniors

The Andover Senior Center will present an information forum Friday, Nov. 8, at 9:30 a.m. at the Andover Senior Center regarding housing options for seniors. Retirement communities, assisted living, elder housing, and group adult foster care will be discussed, as will the question, "When is it time to move?" Speakers include Jean Moltenbrey of the Executive Office of Elder Affairs and Kimberly Arms of Elder Services of the Merri-

mack Valley. For information, call Niki D'Esopo, outreach coordinator, at 623-8321.

Flood disaster office opens in Lawrence

The Federal Emergency Management Agency (FEMA) and the Massachusetts Emergency Management Agency (MEMA) opened five Disaster Recovery Centers Monday, Nov. 4, to provide information about assistance programs to eastern Massachusetts residents who suffered loss or damage to their homes, personal property or businesses in the recent flooding. There is one in Lawrence at 477 Broadway/Route 28; it is open 7 a.m. to 4 p.m.

Programs available to eligible applicants include:

- Disaster Housing Assistance, administered by FEMA, for individuals and families whose homes were destroyed or made unlivable as a result of the weather. The program provides funding for temporary accommodations or repairs needed to make a home safe, secure, and habitable.

- Low-interest loans from the U.S. Small Business Administration for homeowners, renters, or business owners for the repair, replacement, or rebuilding of disaster-damaged property.

- Grants through the Individual and Family Grant program for people who have serious unmet needs resulting from the disaster that cannot be met by other sources.

- Technical advice on mitigation programs that provide common-sense

strategies to minimize losses in future disasters.

Tax classification hearing Nov. 18

The Board of Selectmen will hold a public hearing on property tax classification Monday, Nov. 18, during the selectmen's regularly scheduled meeting, which begins at 7:30 p.m. at town offices, Bartlet Street.

Revaluation figures

The Andover assessor's office has completed a revaluation of property for tax purposes and Assessor Bill Krajeski is encouraging property owners to come review their records to make sure no mistakes have been made. The books are open for review at the assessor's office and copies will also be available at Memorial Hall Library. This is a third-year revaluation and property values "increased about 10 percent across the board," he said.

The figures have not yet been certified by the state, but he expects they will be in 7-10 days. Selectmen will use the new valuations in determining the tax classification shift and setting the tax rate for this year, Fiscal 1998, the first week in December. They will need final figures from the assessor by about Dec. 1 for that purpose. Between now and Dec. 1 the assessor can still make changes to the assessment figures without having the property owner go through the abatement process.

Quote, unquote . . .

'Maintenance and replacement of existing water and sewer lines must take priority over the extension of additional infrastructure to accommodate new development.'

Dennis Teves, letter, page 31

'The Democrats are much better organized. I think my ads were better. I think my issues were better. But that's not enough to win an election, simple as that.'

Republican candidate for state rep., Jim Fox, page 29

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Veterans Day

(Continued from page 1)

to Ballardvale Green for a ceremony to honor Korean, Vietnam, and Persian Gulf War Veterans.

The following will be at Spring Grove Cemetery: Leo Doherty, Adjutant, American Legion, master of ceremonies; Greater Lawrence musicians playing the National Anthem; Thomas Collins, vice commander, American Legion, opening remarks; Thomas Leonhard, chaplain, Disabled American Veterans, opening prayer; Susan Giangrande, Clan MacPherson bagpiper, hymn; Rev. Allen Bryan, pastor, Ballardvale United Church, eulogy; Greater Lawrence musicians, hymn; Theodore Witman, Commander, American Legion, and George Milne, Veterans of Foreign Wars, placing of wreaths; American Legion rifle salute, Volley to the Dead; Joshua Murphy, Andover High School, Taps; Matthew Hardiman, Andover High School, echo.

Then all participants will proceed to Ballardvale Green where the following people are involved: Leo Doherty, master of ceremonies; Andover High School Band, National Anthem; James Peters, Adjutant, Disabled American Veterans, opening remarks; Rev. Allen Bryan, pastor, Ballardvale United Church, opening prayer; Debbie Dubay, Captain, U.S. Air Force (Ret.), oration; Andover High School Choir, hymn; Andover High School Band, hymn; Susan Ratyna, Patriotic Holiday Committee, and Joseph Horan, Disabled American Veterans, placing of wreaths; American Legion rifle salute, Volley to the Dead; Joshua Murphy, Taps; Matthew Hardiman, echo; Susan Giangrande, Clan MacPherson bagpiper, hymn; Edward J. Morrissey and Ted Cole, raising of the P.O.W.-M.I.A. flag.

All participants are invited to a luncheon in St. Matthews Masonic Lodge, 7 High St.

Community Spirit Award

Recognize a person or group that adds to the spirit and character of Andover.
See page 30.

ANDOVER TOWNSMAN

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Speaker at Veterans Day services Monday

(Continued from page 1)

and positiveness, and how I think it's important that we all feel proud to be American."

Capt. Dubay enlisted in 1975 after an early graduation from high school in Coon Rapids, Minn. She was one of the first women recruited under the quota system for getting women into the military and into maintenance positions. She enlisted because she liked a novel idea being touted in the military at the time, equal pay for an equal job, regardless of gender. She also liked the idea that there is no glass ceiling in the military. And in her family, in Coon Rapids, there was an environment that "it was still an honor to serve your country," she says.

Because she joined under the delayed enlistment program in 1974, Capt. Dubay is considered a Vietnam era veteran.

She was trained as an aircraft electrician and first assigned to Malstrom AFB in Montana. Part of the excitement in those years was that she was involved in setting a lot of firsts for women in the military, and in setting the standards for women. The elec-

trical shop at Malstrom didn't even have a women's bathroom.

"We didn't even have fatigues for women," Capt. Dubay says.

Highlights of her career include meeting Gen. "Chappy" James, the first black general in the Air Force and touted by Capt. Dubay as one of the Air Force's great leaders. He was touring bases talking to women enlistees and liked her so much he asked her what she would do in the service if she had her choice. She was tiring of maintenance and said administrative specialist, and he helped make that happen for her.

Then, while stationed at Mathew AFB in Sacramento, Calif., she was accepted into the commissioning program at Berkeley and she was one of seven enlistees and the only woman awarded a full ROTC scholarship.

After graduating as a second lieutenant with a degree in psychology, she was assigned to bases in Alaska and Texas, but she spent much of her time traveling in Europe, helping close bases and helping personnel who had returned from Vietnam make the transition into civilian

life.

The next major event in her career was being assigned to Kunsan, Korea. "I did a lot of unique and wonderful things" there, Capt. Dubay says. "I was responsible for the personnel who did all the nuclear weapons movements around Korea."

Morale was low, suicide attempts were high and the Asian Games - one of Korea's biggest events - was on the horizon, followed a year later by the Olympics. She immersed herself in personnel issues and took on the task of dealing with Amerasian children being left behind by departing American military personnel. She helped found a program that allowed Americans, as foster parents, to sponsor Amerasian children to the U.S. When the children turn 18, they then have the option of becoming a U.S. citizen and sponsoring their mothers to come to the United States.

"That was one of the fun things I did," she says.

Capt. Dubay represented the Amerasian children at the Pearl S. Buck Foundation in Seoul, and her work turned her one-year remote assignment into three years. Finally, back home at Hanscom Air Force Base, she downsized the Commander's Action Group and the Protocol Offices and combined them into one. Because Hanscom is the center for

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'Ambassador in blue' to speak at Vet's Day ceremony

(Continued from page 4)

command, control, communications, computers and intelligence for the entire Department of Defense, it receives a lot of dignitaries, from Arab heads-of-state, to the first group of Russian generals to tour U.S. military installations, to the president and vice president of the United States and other top brass.

"I was the representative for the Department of Defense at Hanscom," a liaison to the New England area, she says.

Capt. Dubay's job was to make sure every detail for a visit was worked out ahead of time - from security to the menu - and to make sure that it was in accordance with the customs and cultures of the dignitaries' countries.

One picture she has shows her greeting a Saudi general and prince. She is looking to the side as she greets him, not because she was caught in a candid shot, but because it is improper for a woman to look the prince in the eye when first meeting him.

She helped arrange the visit by Raisa Gorbachev and Barbara Bush to Wellesley College in 1990. And she arranged for Vice President Al Gore to be in the Taunton parade for all Mas-

sachusetts military returning from Desert Storm.

She also coordinated President Bush's visits to Phillips Academy in 1989 and to Raytheon in 1990 and 1991. She met President Bush, former President Ronald and Nancy Reagan, former secretary of defense Caspar Weinberger, and Secretary of State Warren Christopher.

"I've always been considered an ambassador in blue," Capt. Dubay says.

One of the most rewarding but also most difficult chores she had was assisting in the return in 1991 of Edward Tracey of Malden after he'd been held captive in Lebanon for seven years. "It was one of the most rewarding things," she says.

She also helped organize former House Speaker Tip O'Neill Jr.'s funeral in Cambridge.

One of her favorite visitors was Colin Powell, former chairman of the joint chiefs of staff.

"General Powell was absolutely fabulous, dynamic, charismatic, personable, genuine, wonderful. I really enjoyed meeting him. He's one of my heroes," she says. "They were all very stressful, but they were fun."

One of the funniest things, she says, happened when the Russian generals



Photo by Lisa Adelsberger

Debby Dubay in her Limoges Antiques shop on Post Office Avenue.

had candles on the table and afterward one of the Russian generals commented that even in the United States the generals didn't have electricity. Capt. Dubay had to explain that the candles were there for ambiance, not light.

And one of the generals, one of the very distinguished leaders from one of the world's most powerful countries, spent an inordinate amount of time in the bathroom flushing the toilet, amazed that the water was on all the time and had not just been turned on for them.

Capt. Dubay and her husband, Dan Quinn, settled in this area because he is from Reading and has relatives in the area. She opened her antique store with many of the antiques she collected from around the world while in the service. While most of the men would go golfing, she went antiquing, and much to her surprise, many of the high ranking officials she dealt with liked antiquing as well, and it turned out to be a good way for her to network with them, she says.

Capt. Dubay recently spoke at a *Victoria Magazine* seminar in Boston on "turning your passion into your profession." She was interviewed and photographed in her store by the magazine, and is scheduled to be featured in an upcoming issue.

went to dinner at the house of one of the American generals. The hostess

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State dismisses substitute teachers' complaint

By Neil Fater

The State Labor Relations Board has again dismissed the Andover Associate Teachers Organization's case against the Andover schools, but some substitute teachers claim it's the students who are really losing out this year.

The substitute teachers group charged the Andover schools with using "unfair labor practices" because the schools cut their pay two consecutive years and stopped paying for in-service training without holding negotiations. The labor relations board said the substitutes group did not have standing to bring the case because it's not certified with it as a bargaining unit and is no longer recognized by its employer.

The substitute teachers group is now considering taking its case to appeals court.

But Harry Durso, chairman of the substitute teachers group, said the cuts

in pay are hurting the schools as well as substitutes. Long-time Andover substitutes have left and the schools are having a hard time finding replacements, he said.

"You're replacing loyal veterans... with people who say, 'No,' to certain assignments," said Mr. Durso. "A lot of our veteran substitutes are leaving (Andover) to take better jobs."

Mr. Durso said the schools have used administrators and other school employees to take over classes when a teacher is out and a substitute is not available. He said this is happening more this year than is usual.

"I've noticed in the middle school, I know at West Middle School, the principal, Vicki Simms, has covered classes there," said Mr. Durso. "I know there's been a lot of administrators system wide."

"They've been pulling assistants,

librarians, all kind of personnel out of their assignments to handle classes so you have someone who's not even in a teaching position taking a class."

Mr. Durso said three physical education teachers were absent Friday.

"They had to run a study hall in the bleachers in the gymnasium and have the kids shoot baskets if they wanted," he said.

"The week before last there were three days where they had between eight and 12 substitutes missing," said Mr. Durso. "That was just at the High School. It's not that way every day, but certainly it happened that week."

Tom Meyers, president of the regular teachers union, said teachers have noticed a problem.

"This year it's been difficult. We haven't had enough subs in many of the buildings and that has cost us (the regular teachers) the ability to function

in the way we would like to," said Mr. Meyers.

The teacher's union has brought a grievance to the superintendent relating to the substitute situation but Mr. Meyers would not comment on the grievance.

Dick Neal, superintendent, could not be reached for comment Wednesday before press time.

Mr. Durso said he doesn't think the pay cut makes economic sense for the schools.

The administration saved \$35,000 by cutting the substitutes' pay this year.

Up until early August, when the schools lawyer drafted his response to the substitute group's appeal, the administration had spent \$1,132 on this case, according to Bernie Tuttle, schools business manager.



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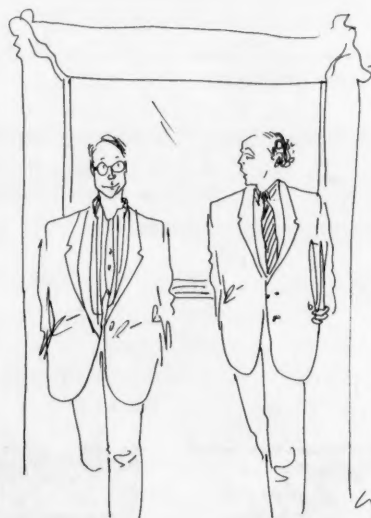
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Let there be light(s) Downtown to be illuminated for the holidays

(Continued from page 1)

kids and, selfishly, I wanted it to happen for them too."

Mr. Rogers and Lori Becker, owner of Mom and Me Maternity and president of the Andover Center Association merchants group, are driving the effort to turn the lights back on downtown.

"This is something we have to do to preserve the community spirit," Mr. Rogers said.

For a lot of people, the lights are a signal to start their holiday shopping, Ms. Becker said.

"They know that's when the holiday season starts," Ms. Becker said. "It's definitely good for business."

If all goes well, lights will be lit on trees lining Main Street, from Elm Square to Punchard Avenue, Wednesday, Dec. 4, just in time for Holiday Open House downtown Friday, Dec. 6. They will remain lit through the first week of January.

Just three weeks ago the Andover Center Association announced it would not have the usual lights along Main Street this holiday season because of problems in recent years with the lighting contractor. Instead, only a handful of trees would be lit in front of Old Town Hall.

Many people in town were disappointed by that announcement, including some from a group of business owners and others who have been meeting about once a month for the past year to find ways to improve the downtown.

"The feeling that I had in being part of this development group is, although we are talking about larger issues, we cannot forget about the small things that make our downtown special. Holiday decorations are very important to the merchants downtown and to the community as a whole," Mr. Rogers said.

How to make a donation to the lights

The *Townsmen*, starting with this week's paper, will run a graphic [page 9 this week] of a Christmas tree with light bulbs, and each week more bulbs will be lit corresponding to the donations received to date.

The goal is to have the entire tree lit, indicating enough funds have been raised to pay for the lights, by Dec. 5.

Beside the tree will be the names of all those who make a donation of any size. Donors just fill out the form on the same page, send it to the *Townsmen* with a check and the names of the person or persons making the donation, and those names will be added to the list.

Checks should be made out to the Andover Center Association/Holiday Lights, and mailed to or dropped off at the Andover Townsman, 33 Chestnut St., Andover Mass. 01810.

Also, anyone who makes any size

donation will automatically be entered in the Center Association's Holiday Lights raffle. Raffle tickets are also available for \$1 each, or \$5 for six.

Holiday raffle prizes totaling more than \$3,500 include at least 20 gift certificates for up to \$50 from local stores, checks and savings bonds from local banks, and more than 20 other prizes of merchandise or services.

Raffle tickets are available downtown at: Addison Travel, Andover Photo, Butler's Pantry, Chocolate by Design, Daher's Shoes, Daher's for Kids, Earth Food Store, Mom & Me Maternity, Royal Jewelers, Strawberry Tree, Underground Music, Michelle's Boutique, Victorian Treats and Quiet Pleasures.

Winners will be drawn during the Andover Center Association's Holiday Open House, Friday, Dec. 6.

yet available.

Hank Hockman, owner of Creative Illumination, the company hanging the lights, said this week that if the people who come downtown to see the lights don't say, "Wow!" he will not have done his job.

Creative Illumination may use as many as 30,000 lamps, all white, in the display, depending on the size of the trees, Mr. Hockman said.

"They're going to get more than what they bargained for," he said. "The money that's gathered to do this is hard coming, and you have to give people more than what they bargained for."

His company also provided lights for Greenfield, Holyoke, North Hampton, East Hartford, Conn., Wallingford,

Conn., and Fairfield, Conn. His crew should be in town Monday morning, Nov. 11, and should be able to hang all the lights in three long days.

"We want to be as courteous as possible. We want to stay out of the way of traffic and people," Mr. Hockman said.

Two live 8-foot trees in front of Old Town Hall will also be decorated.

"So far, people have been extremely generous in their giving. Everyone I have spoken with over the past couple of weeks feels that it is very important for downtown Andover to show some holiday spirit. We ask that everyone join this effort," Mr. Rogers said.

The town is paying \$3,000 and the Center Association has committed to pay \$2,000 of the total cost. Andover Bank, First Essex Bank, The Savings Bank, BayBank, the Chamber of Commerce, the *Townsmen* and *The Eagle-Tribune* have also kicked in, but Ms. Becker said that whether the lights will be back in future years will depend on the community's involvement.

People can make direct donations for the lights, or they can buy raffle tickets for dozens of prizes donated by downtown merchants, and the proceeds will go to pay for the lights.

"We couldn't do this if it wasn't a community effort," Ms. Becker said. "People have been disappointed (that there were not going to be lights). It's a part of our community. And we can't do it if the community doesn't support us."

"The best thing that could happen in all this is that the night of Holiday Open House you have families walking around downtown saying, 'This is terrific!'" Mr. Rogers said.

"And knowing they are a part of it," Ms. Becker added.

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mail your check and this coupon to: Andover Townsman, PO Box 1986, Andover 01810.

Fund running low again on AHS project

By Neil Fater

The town is running out of contingency money again for the Andover High School construction project.

As of the last progress report, dated Oct. 18, there was only \$135,000 in the contingency fund, the fund used to pay for unexpected problems.

Will there be enough contingency money to finish the project? It depends on who you ask.

Dave Patrick, president of one of the companies contracted for the High

School project, says the town will probably have to take money out of the furniture, equipment and/or technology budgets to finish the job, while town officials are still hoping for the best.

"I think it's going to be close. The building committee's meeting this week and I think a topic of discussion is going to be the retainage and where we'd find additional monies within the existing budget," said Town Manager Buzz Stapczynski. "We'll have to examine all the line items.

"We went through this about a year ago when we were looking at the budget running into trouble with contingency," he said.

That look resulted in the town asking Town Meeting voters to approve an additional \$2.43 million to finish the High School project.

But Mr. Stapczynski said things are different now. Before the \$2.43 million was approved, the project was only 50 percent completed, he said. Now it is around 85 percent complete.

Money low

Regardless, the report states there's only \$135,000 left in contingency and Mr. Patrick said the contractor has far more than that in potential change estimates.

"We've got \$900,000 of change estimates right now, not all of which they (Andover officials) have to have, but certainly they'll need some of them," claimed Mr. Patrick. "When we go to the town treasurer to certify funds are

(Continued on page 35)

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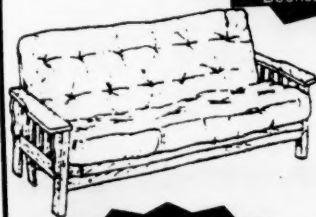
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Many families may be familiar with the technique because it is commonly used to check the development of the fetus during pregnancy. Ultrasound is also frequently used for further diagnosis following mammogram, to determine the nature of a breast lump.

In September, the Ultrasound Program was awarded a three-year term of accreditation. The American College of Radiology awards this distinction for the achievement of high practice standards, following a voluntary survey evaluation.

This accreditation means that our radiologists and sonographers have met rigorous qualifying standards for training, continuing education, and providing diagnostic ultrasound of the highest quality.

Congratulations to our staff members in the Ultrasound Department who have earned this recognition!

A Reminder to Women!

The Lawrence General Hospital Radiology Department would like to remind women that early detection through mammograms can save lives.

Lawrence General's mammography program was also the first in the Merrimack Valley to receive American College of Radiology accreditation.



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Merrill Lynch to hold retirement seminars

Merrill Lynch of Andover will conduct two seminars in November.

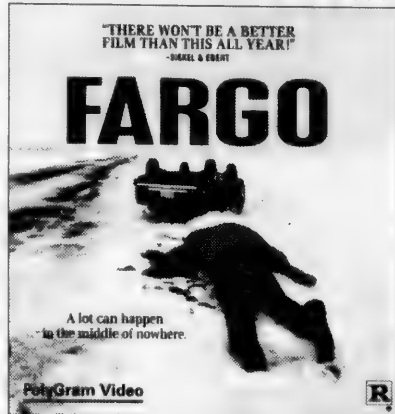
A retirement seminar titled "Retirement Planning... The Great Boom Ahead" will be held Thursday, Nov. 14, in conjunction with the Andover Police Relief Association.

The seminar will begin at 6:30 p.m. at Old

Town Hall on Main Street.

A business retirement seminar titled "Meeting Your Business Retirement Plan Needs" will be held Thursday, Nov. 21, at Andover Country Club at 8 a.m.

For more information or to reserve a seat, call Christine Linquta at 475-6464 or 800-498-6358.



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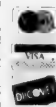
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Townsmen credited with aiding in mugger's conviction

By Don Staruk

A man charged with mugging an Andover resident on Brook Street two years ago was found guilty last Thursday, Oct. 31, and sentenced to 12-18 years in Walpole state prison, and the *Townsmen* is being credited for helping bring him to justice.

William G. Horsman, 46, of 64 Sanborn St., Reading, was convicted of armed assault with intent to rob, and assault and battery with a dangerous weapon (unidentified blunt object).

His trial started Monday, Oct. 28, ended Wednesday and the jury brought back the guilty verdicts Thursday morning. Mr. Horsman was sentenced immediately. He had been held in the Middleton Jail since his arrest two years ago, and will be credited for that time.

He was charged with the Oct. 24, 1994, assault on Norman Jackson, of Andover. Mr. Jackson was walking up Brook Street in broad daylight when the attacker allegedly came up from

behind, said he had a gun and that he would blow Mr. Jackson's head off if he didn't hand over his briefcase. Mr. Jackson refused, a struggle ensued and Mr. Jackson was struck several times on the head, possibly with the blunt end of a knife, though no weapon was ever found. The attacker then calmly walked up Brook Street and disappeared, according to witnesses.

But one witness gave police the New York registration-plate number from a car that was seen leaving the area after the attack, and that plate number led to Mr. Horsman being arrested in Wilmington Nov. 9, 1994, and charged.

But police did not have the name of the witness, and his testimony was expected to be key in getting a conviction. That's where the *Townsmen* came in.

Townsmen photographer Lisa Adelsberger had taken a photo of the witness talking to investigating officer Robert Cronin. But after police showed the photo around to local business peo-

ple, still no one could identify the man. Police asked the *Townsmen* to run the picture in the paper to see if anyone knew him. The newspaper ran the picture Jan. 19, 1995, and a friend of Fred Vietor, of Lawrence, called him up and told him he was being sought by police. Mr. Vietor met with police and agreed to testify.

"He became a key witness," Andover police officer Bob Cronin said last Thursday, following the conviction and sentencing. "Running that picture

really did a service to the community."

Prosecuting assistant district attorney Bob Brennan this week called Mr. Vietor's testimony "crucial."

Mr. Horsman has a long criminal background, according to police, including a history of arrests in Wilmington, where he once lived. He has also served time in federal prison, according to Officer Cronin, who described Mr. Horsman as one of the most dangerous criminals he'd ever come across.

Free health clinic is for seniors

Home Health VNA, a United Way-funded agency serving the Merrimack Valley and Southern New Hampshire, offers free elderly health clinics throughout the Merrimack Valley.

Clinics in Andover are staffed jointly by Home Health VNA and the Andover Health Department. Clinics will be held Monday, Nov. 18, at Andover Commons and Monday, Nov.

25, at Frye Circle from 1 to 3 p.m. both days. The clinics are conducted by Home Health VNA registered nurses and sponsored in part through town funds and through funding from the Older Americans Act as granted by Elder Services of the Merrimack Valley. Call the health department at 623-8200 or Home Health VNA at 373-1141, Ext. 3150, for further information.



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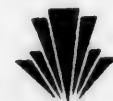
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Talking about 'The Soul of Andover' in 50 years

The final program in the "Andover at 400" series will be held Wednesday, Nov. 13, at 7:30 at Memorial Hall Library. Entitled "The Soul of Andover," the evening will be devoted to imagining the spiritual character of the community 50 years from now. A panel will address these questions:

- What will shape and inform the character of Andover midway into the 21st century?
- What role will temples and church-

es play in the lives of its citizens?

- What will be the sacred spaces, times and places? Will they be celebrated?

- What new forces or movements or philosophies will emerge?

- How will classism, sexism, racism, consumerism, ageism, materialism, nationalism, and elitism be evident among us?

- Will we become more benevolent

or selfish, more gentle or rude, more kind or snobbish?

- How will our neighbors experience us?

- What will form our moral vision?

- What will be the soul of our town?

A panel of community and religious leaders will reflect on the historical roots, present experience, and future instincts.

Presenters include the Rev. Joe

LaDu, David Sand, Becky Sykes, Joshua Miner, and the Phillips Academy Gospel Choir.

Co-chairmen Rabbi Robert Goldstein and the Rev. Calvin Mutti will moderate the evening. Audience response will be encouraged.

At 8:57, the last word will be an editorial, "The Soul of Andover" by Perry Colmore, editor of the *Andover Townsman*.

FINANCIAL STRATEGIES

by Ronald R. Hill, CLU, ChFC



THE WHOLE STORY

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SCHOOLS

Stepping out to help

By Neil Fater

More than 700 people who talked about raising money for cancer research walked the walk Oct. 27. Specifically, they walked Andover's third Step by Step walk-a-thon.

Patrice Minton, Townwide Parent-Teacher Organization moderator, was one of those who helped organize this year's event.

"There's very little you can do" to help other people, said Ms. Minton. "This was one way of helping. So that's why I became involved in it."

Although there was not a walk-a-thon last year, 705 people strolled this year's five-mile course.

The first walk-a-thon, three years ago, hosted 900 walkers and raised around \$18,000, according to Candace Bachner, one of that walk's organizers. In 1994, a smaller crowd brought in about \$15,000, she said.

Because all of this year's expenses have not yet been paid for, the exact amount of money raised Oct. 27 is not yet known, said Ms. Minton.

"It looks like we'll raise just under \$20,000, before expenses, which is very good. We're delighted," said Ms. Minton. "We couldn't have written a prescription for the weather and have it turn out any better."

Although organizers still need to pay for police details and other expenses most of the cost for Step by Step T-shirts was paid for by Daher's Shoes, T.R. White, and Pentucket Medical Associates Inc., said Ms. Minton.

Another cancer-related fundraiser, the American Cancer Society's 18th annual Race Against Cancer and Walk-a-thon, was held Sunday, Nov. 3, in memory of Andover resident Sandy Shaker.



More than 700 people raised money for cancer research Oct. 27 by walking in Andover's third Step by Step walk-a-thon. Registration for the event took place in the Park.



Step by Step coordinators were, from left, Lisa Williams, Patrice Minton and Diane Castignoli.

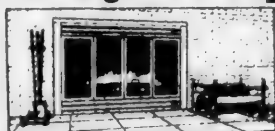


The first rest stop on the walk-a-thon was Shawshen School, at Ann's Lane and Poor Street, off North Main Street. Kindergarten teacher Carol Buchanan coordinated the rest stop.



Laura White walks with her daughter, Jessica, who goes to Shawshen School; neighbor Brittany Weeks, who goes to Bancroft; and her niece, Elizabeth Minton, who attends West Elementary.

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SCHOOL TALK

The **Andover High School** class of 1986 will hold its 10-year reunion Wednesday, Nov. 27, at Andover Country Club. For more information, call Billy Dalton at (207) 439-3047, or Lori Becker at 470-8832.

Andover High School Principal Ellen Parker will give a presentation of the Fiscal Year 1998 budget tonight, Thursday, Nov. 7, at 5 in the library annex. The meeting is open to all AHS parents.

Bancroft School will hold its annual book fair the week of Nov. 18-22 from 9 a.m. to 2:30 p.m. and also on Parents' Night, Tuesday, Nov. 19,

from 6:30 to 8:30 p.m. for parents to make their selections. "This is a great opportunity for gift-buying," organizers said. The public is welcome. Cash and checks will be accepted for purchases.

Clark School of Danvers at 487 Locust St., Danvers, will hold an open house Sunday, Nov. 17, from 2 to 4 p.m. Parents and their children will be able to tour the school and participate in activities. Director **Sharon Clark**, teachers, parents and students will answer questions. Refreshments will be served.

Founded in 1978, Clark is a small private day school pro-

viding individualized programs for average to very bright children in grades K-8.

Call the school at (508) 777-4699.

Greater Lawrence Technical School will hold its annual open house

and **First-Term Report Card Night** Wednesday, Nov. 13, from 5:30-7:30 p.m. Parents of eighth-graders are urged to attend. All parents should come to pick up their child's first-term report card. Teachers and staff

will answer any questions.

Students of **Eugenia and Leonard Mironovich** will present a concert of flute and piano music to

celebrate Andover's 350th anniversary.

Organizers said, "Many of these students are winners in state and district competitions. Please come to Memorial

Hall at the library Sunday, Nov. 10, at 2:30 p.m. Happy birthday, Andover."

More than 50 colleges and universities

(Continued on page 18)

DANA HALL SCHOOL OPEN HOUSE

Sunday, November 10, 1996 1:00-3:00 pm



Dana Hall School is an independent, boarding and day school for girls in grades 6-12, located 12 miles west of Boston.

The Open House provides an opportunity to have a campus tour and to meet with students, faculty and parents. Come and see our newly-renovated Classroom Building. For directions, please contact the Admission Office.

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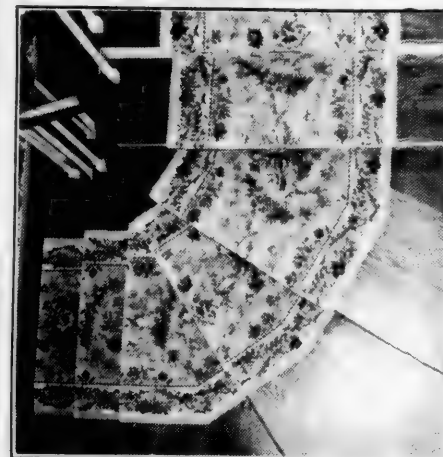
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WHAT'S UP

First annual Health and Wellness Fair is set for Andover High next Thursday

By Elise Brierley
Andover High School

The new fieldhouse at Andover High will be the venue for Andover's first annual Health and Wellness Fair next Thursday, Nov. 14, from 9:30 a.m.-2 p.m. and also 5-7:30 p.m., which is open to the public.

This fair will showcase a variety of interactive learning booths and health-related demonstrations. We would like to invite the community to come and get informed about issues concerning their individual and family health.

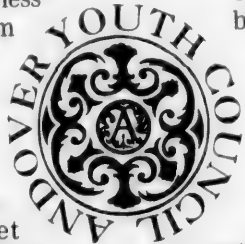
Some of the groups that will be represented on Thursday are the following: acupuncture; SADD; Andover Police Department; ophthalmology; American Cancer Society;

Sports Medicine; eating disorders; stress; Project Teamwork; tobacco education; mental health; Samaritans; Learning Van; therapeutic riding; and many, many more.

In addition to the booths, there will be a number of demonstrations such as aerobics (Senior Center and the Rolling Green) dance (physical education staff and students); double Dutch jump-roping (girls from the ABC Program) and Andover High School cheerleaders.

We look forward to your participation. Stop by and check up on your health.

► For more information about WHAT'S UP, call Bill Fahey, Andover Youth Services coordinator, at 623-8241; or Jack Grady, Townsman assistant editor, at 475-1943.



Whatever happened to the J. Everett Collins Center for the Performing Arts?

By Matthew A. Coolidge
Andover High School
senior and Collins Center
stage manager

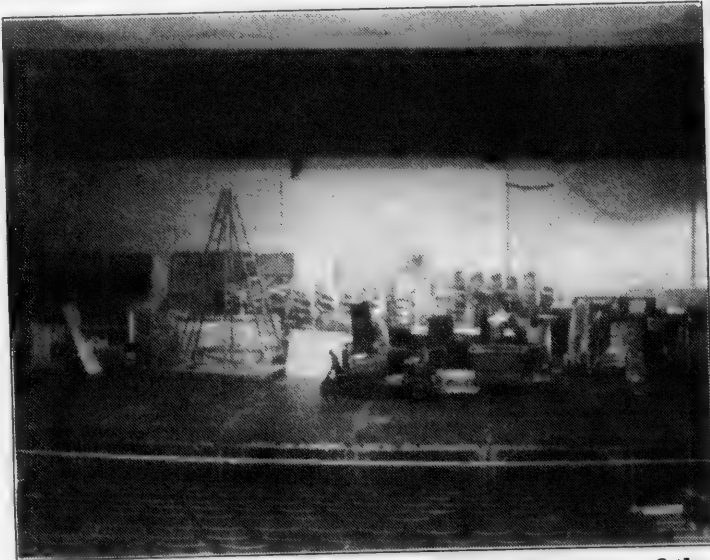
We all remember the Collins Center as a great place in town to see a Broadway show, a concert, a school production and a Ticketron box-office. Sadly, we now see the Collins Center as a place for storage, dust, and frustration.

With all of the construction continuing at Andover High School, the Collins Center has suffered as a storage area with disregard for the once-beautiful stage and workshop.

The enormous stage, which is now cracked, peeling, and in need of replacement, is currently cluttered with desks, chairs, tables, and even a snowblower and tractor have been left over a year. One can imagine how sand and salt ground in by chained tires act on a black stage floor.

The gigantic workshop, once used to construct and store sets, is also filled with school supplies. Due to lack of proper usage and maintenance, the curtain ropes are in need of replacement and the 1,300-seat house is now heavily trafficked as a study hall.

When the Collins Center first opened in 1983, it hosted



A snowblower and tractor are among the stars of the Collins Center stage.

some major acts, such as *Cats*, the Boston Pops, and David Copperfield. After a series of managers couldn't run it profitably, the Collins Center closed, and the town dropped the responsibility of the Collins Center into the lap of the School Committee.

Since then things have only gotten worse.

AHS had one of the best gymnasiums. It is questionable why it needed another, even larger, fieldhouse.

The Collins Center parking lot has also since been turned into a playing field almost as a conspiracy to eliminate the arts of

Andover and to promote athletics.

What does the future hold for the dusty J. Everett Collins Center for the Performing Arts?

To resurrect the performance center, the town would have to hire a manager to be in charge of booking shows, maintenance, security, and finances.

The only other alternative is to at least grant it a proper burial.

In the meantime, you can visit the Collins Center Web Site currently at <http://users.aol.com/ccpaahs/>.

◀ WHAT'S UP is sponsored by the Andover Youth Council and the Andover Townsman.

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Have a story idea? WHAT'S UP runs regularly in the Townsman

Gender issues next topic for parent group

Parent-to-Parent's second speaker in its Townwide Speaker Series will be Dr. Ruth Nemzoff, who will be at Pike School gym, Sunset Rock Road, Tuesday, Nov. 12, from 7:30-9:30 p.m. Dr. Nemzoff's talk will be on Gender Issues: A Social Dilemma with the collaborative efforts and funding of Parent-to-Parent, the Townwide PTO and Pike School. Her presentation is free and open to the public.

Dr. Nemzoff received her doctorate in administration planning and social policy from Harvard University. She is adjunct, assistant professor at Bentley, Regis and Lesley colleges and also serves as gender issues coordinator. During her tenure at Bentley, Dr. Nemzoff has created and taught courses in



Dr. Ruth Nemzoff

government, social policy, gender studies, community organizations and human services.

She plans to present an overview of the dramatic changes in gender roles for both boys and girls and the challenges facing children in new roles. She believes that gender roles are family issues because children will need to be educated for their future roles not past ones. Dr. Nemzoff will address ways that mothers, fathers, teachers and schools can foster positive interaction and growth between the two sexes, so all children will benefit. This promises to be a thought-provoking evening, organizers said.

(Continued on page 18)

SCHOOL LUNCH MENUS

Here's what's for lunch in Andover public schools next week, Nov. 11-15:

Elementary schools

Monday: Veterans Day. No school.

Tuesday: Spaghetti with meat sauce, green beans, bread and butter, chocolate cake with frosting, milk or juice.

Wednesday: Grilled cheese sandwich, french fries, carrots, pudding with topping, milk or juice.

Thursday: Chicken cutlet on roll, mayonnaise, tomato and lettuce cup, potato chips, fudge brownie, milk or juice.

Friday: Meatball sub with tomato sauce, peas, potato

sticks, orange wedges, green beans, milk or juice.

Peanut butter and jelly sandwiches and a pizza lunch are available daily.

Middle schools

Monday: Veterans Day. No school.

Tuesday: Steak sub with choice of peppers, onions and cheese, french fries, ketchup, peas, fudge brownie, milk, or chicken nuggets with honey dip, french fries, ketchup, peas, bread and butter, fudge brownie, milk.

Wednesday: Taco boat with meat stuffing, lettuce, tomato and cheese, corn, pudding with topping, milk,

or spaghetti with meat sauce, tomato and lettuce cup, corn, bread and butter, pudding with topping, milk.

Thursday: Cutlet sub with tomato sauce and cheese, green beans, deep dish pie with crumb topping, milk, or roast round of beef with brown gravy, whipped potatoes, green beans, bread and butter, deep dish pie, milk.

Friday: Grilled cheese sandwich, wax beans, potato chips, chilled pears, milk, or baked pork chopette with brown sauce, whipped potatoes, wax beans, bread and butter, chilled pears, milk.

A pizza and sub lunch is available daily.

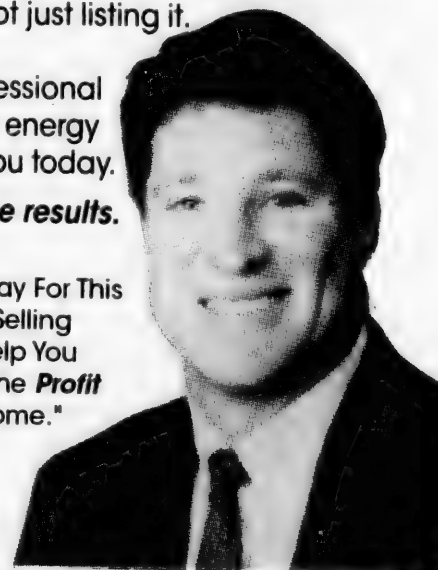
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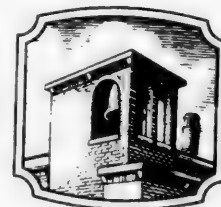
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Head Coordinators Diane Costagliola, Patrice Minton and Lisa Williams wish to thank all the coordinators and volunteers who helped to make this event a huge success.

SCHOOLTALK

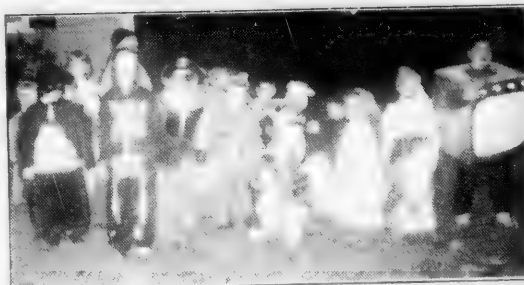
(Continued from page 15)

will recruit Northern Essex Community College students at Transfer College Day Tuesday, Nov. 26, from 10 a.m. until 12:30 p.m. in the NECC Student Center.

Many Northern Essex students transfer to four-year institutions after completing their degree programs at NECC. Transfer College Day is designed to give those students the opportunity to meet with admissions representatives of public and private institutions.

The representatives will provide information on program offerings, transfer requirements, financial aid and scholarships.

Participating institutions include state colleges from Massachusetts and New Hampshire as well as private institutions such as Boston College, Boston University, Brandeis



The Johnson Acres neighborhood Halloween party was hosted by John, Gabrielle, Aaron, Peter and Johnny Nossiff of 16 Cedar Road. Neighborhood children, back row from left, Scott Campbell, Benjamin Smith, Caroline Kaufman, Rich Wilson, Steve Lannan, Brian Wilson, Kristin Wilson, John Nossiff, Elizabeth Mainiero, Christina Sauerbraun, Mathew Lannan; front row, Louis Bouzon, Kyle Sauerbraun, Sam Lessard, Peter Nossiff and Inez Bouzon.

University, Massachusetts Institute of Technology, Montserrat College of Art and Tufts University.

Full- and part-time students at Northern Essex can transfer. Call the college's Counseling Office at (508) 374-3790.

Parent-to-Parent

(Continued from page 17)

Parent-to-Parent is in its sixth year of sponsoring parenting education speakers for the community. Founded in 1991 to organize a parenting network in Andover, Parent-to-Parent also sponsors parenting education classes and workshops. For more information on Parent-to-Parent or Dr. Nemzoff, call Lynn Wailes at 475-3956.



Photo by Bart Navarro

Bancroft parents and teachers met at Old Town Hall last Saturday for an autumn evening of fun. There was music, a catered buffet and lots of dancing, including a special parent-teacher rendition of the Macarena. Norah McCarthy, Bancroft principal, is in the center of the group.

To advertise in the school pages, call 475-1943.

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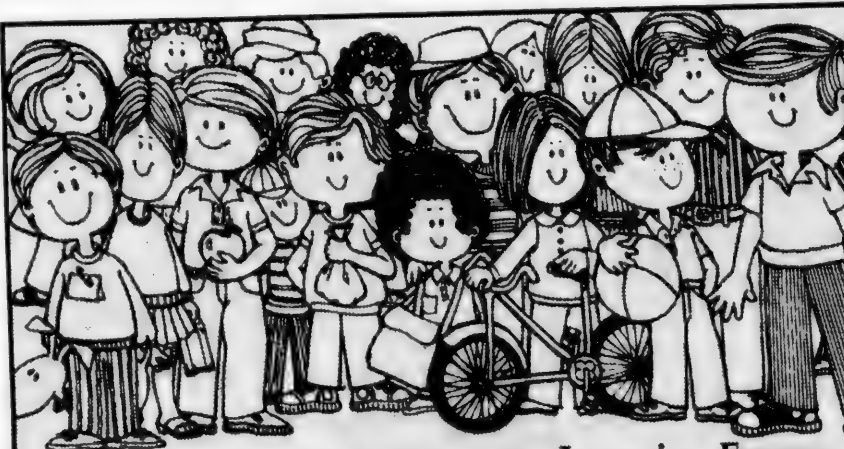
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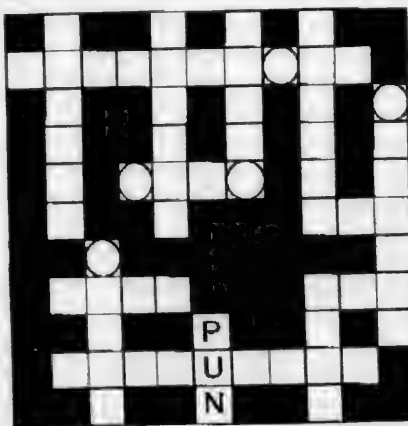


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BIRTHS

ADAMS - A son, Michael Andrew, born to James and Christine (Buotte) Adams of North Andover on Oct. 9 at Holy Family Hospital and Medical Center in Methuen. Grandparents are Mrs. Roger Buotte of Salem, N.H., and Mr. and Mrs. James S. Adams of Glen Cove, N.Y.

ANDERSON - A son, Thayer Locke, born to Mary M. Mulligan and Stephen D. Anderson of 38 Woodland Road Oct. 11 at Brigham and Women's Hospital. Thayer has a brother, Christian, 6, and a sister, Catherine, 3.

BARRY - A daughter, Maura Jeanne, born to Kevin and

Sheila (Burns) Barry of 17 Rocky Hill Road on Oct. 15 at Boston Regional Medical Center in Stoneham. Grandparents are Mr. and Mrs. Robert Burns of Wilmington and Rita Barry of Peabody. Maura has a brother, Kevin Jr.

CASEY - A son, Kaegan McShane, born to Larry and Dara Casey of Andover on Oct. 13 at Beverly Hospital. Grandparents are John and Juanita Casey of Rochester, N.H., and Gene and Vera Blendemann of Bronxville, N.Y. Dr. Albert Barcomb of Rochester, N.H., is his great-grandfather. Kaegan has three siblings, Bryanna, Bren-

nan and Cabrea.

DeVOIR - Twin daughters, Kathryn Clair and Allyson Michelle DeVoir born to Gregory DeVoir and Krista (Goodman) DeVoir of Boise, Idaho, on Sept. 13 at St. Luke's Hospital in Boise. Grandparents are Bill and Laurie DeVoir of Andover and Clair Goodman of Laceyville, Pa., and Carol Goodman of Wyalusing, Pa. Their father, a graduate of Andover High School, is also a twin.

HAYES - Casie Marie, born to David and Laurie Anne (Kirwin) Hayes of Wilmington on Sept. 28 at Melrose-Wakefield Hospital in Melrose. Grandpar-

(Continued on page 20)

Births are published the first Thursday of the month.

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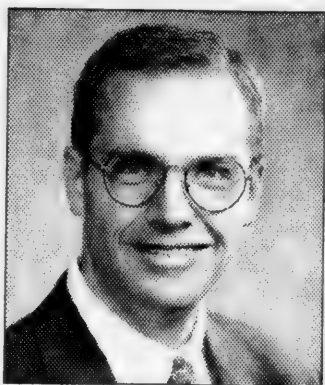
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BIRTHS

(Continued from page 19)

ents are Nancy and Laurence Hayes of Andover and William and Sheila Hayes of Reading.

INGRAM - A daughter, Emma Alexandra, born to Stephen and Suzanne (Balog) Ingram of 1 Teaberry Lane on Oct. 25 at Winchester Hospital. Grandparents are Emmi Balog of Dracut and Eloise and Thomas Ingram of Naples, Fla. Great-grandmother is Theresa Szabo of Dracut.

JESSEP - A daughter, Carley Mari, born to Thomas and Amy Jessep of Andover on Sept. 24 at Winchester Hospital. Grandparents are David and Joan Simpson of North Andover and H. Thomas and Charlene Jessep of Framingham. Great-grandparents are Charles and Anne Simpson of Andover.

LAJOIE - A son, Sean Paul, born to Stephen and Sandra (Stafford) Lajoie of Wakefield on Oct. 23 at Melrose-Wakefield Hospital in Melrose. Grandparents are Benjamin and Barbara Stafford of Andover and Robert and Barbara Lajoie of Lawrence.

NEWMAN - A son, Steven Casey, born to Daniel and Lori Newman of Natick on Sept. 30. Grandparents are Carol and Arnold Cohen of Andover and Natalie and Samuel Newman of Fairfield, Conn. Great-grandmother is Lily Cohen of Brooklyn, N.Y.

QUARTARARO - A daughter, Anna Shoushan, born to Christopher and Leslie (Derian) Quartararo of 70 Holt Road on Oct. 6, at Beth Israel

Hospital in Boston. Grandparents are Nancy and Gordon Derian of Enfield, Conn., and Victoria and Jack Quartararo of Huntington, N.Y. Great-grandmother is Rose Sorresse of Flushing, N.Y. Anna has two brothers, Matthew, 5½, and Christopher, 4.

QUINLAN - A son, Stephen William Sweeney, born to Michael and Paula (Sweeney) Quinlan of 53 Birch Road on Oct. 10 at Brigham and Women's Hospital in Boston. Grandparents are Stephen and Genevieve Sweeney of Hamilton and William and Barbara Quinlan of Plymouth. Stephen has a sister, Victoria, who will be 4 on Nov. 23.

RING - A daughter, Billie Rebecca, born to Peter and Amy (Cooper) Ring of 13 Boutwell Road on Oct. 2 at Lawrence General Hospital. Grandparents are Janet Cooper of Andover and the late Chuck Cooper and Larry and Diane Wonson of Camden, Maine. Billie has two brothers, Jake, 6, and Wes, 1.

ROTHMANN - A daughter, Sarah Margaret, born to Steven and Margaret (Carroll) Rothmann of Kirkland Drive on Sept. 19 at Winchester Hospital. Grandparents are Joseph and Susan Carroll of West Yarmouth and Harry and Marlene Rothmann of Winchester. Great-grandparents are Gerard and Dorothy Carroll and Mary Hunt, all of Malden. Sarah has a brother, Erich, 1½.

SHAPIRO - A daughter, Elina Esther, born to Steven and Karen Jo (Giammusso) Shapiro of Greensboro, N.C. on Oct. 21. Grandparents are Martha and Michael Giammusso of Andover and Marian and Irwin Shapiro of Lexington.

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EVENTS CALENDAR

THURSDAY, NOV. 7

Fiscal year 1998 budget, presented by Andover High School principal Ellen Parker, Library Annex, AHS, 5 p.m.; 623-8600.

Fund raiser for St. Robert Belarmine Parish Women's Club, The Best of Thymes Restaurant, Shawsheen Plaza, 7:30 p.m., \$15 tickets; L. Vella 794-4393.

FRIDAY, NOV. 8

Poetry reading, featuring Andover poet Michael Casey and Cambridge poet Miriam Goodman, Andover Bookstore, 89R Main St., free and open to the public; (800) 491-0143.

Opening reception, 3rd annual juried art show, sculpture, painting, etching, Essex Art Center, 56 Island St., Lawrence, 5-7 p.m., free; Leslie Costello 685-2343.

Andona Society ball, 44th annual, contributes to Andover youth programs, Andover Marriott, 123 Old River Road, cocktails at 7, dinner at 8; \$125 couples, \$65 singles; Anne Marie 470-2423.

Quilt show, North Parish Quilters, Union Congregational Church, 148 Haverhill St., North Reading, 7-9 p.m., free; Janice Bye (617) 944-3037.

Li'l Abner, the Colonial Chorus Players, Reading Memorial High School, 62 Oakland Road, 8 p.m., \$12, \$9 seniors and students; (617) 241-0231.

Don Juan In Chicago, Top Notch Theater, including Dave Charest and Tanya Luowski of Andover, Northern Essex, Haverhill campus, 8 p.m., \$5, \$4 students and seniors; Ernie Greenslade 374-3862.

Singles dance, Knights of Columbus, 2068 Main St., Tewksbury, 8 p.m.-12:30 a.m., \$7 admission; (617) 891-3750.

Thanksgiving cheer, V.F.W., turkeys, food baskets, prizes, refreshments, 7 p.m., 32 Park St., North Andover, free admission; 687-9614.

SATURDAY, NOV. 9

Outdoor hiking workshop, AMC sponsored, skills for moderate New England hiking; David Doub 470-3703.

Country-folk-bluegrass music, Amy Gallatin and Stillwaters, Mike Holland opens, Crossroads Coffeehouse, 190 Academy Road, North Andover, 8 p.m., \$8 at the door; Sandra Kynes 749-7025.

Woodworking course, taught by John Ross, Andover Historical Society, 97 Main St., 10 a.m.-1 p.m., second of four Saturdays, \$80 non-members, \$70 members; Andover Historical Society 475-2236.

Fundraising dinner, with Senior Youth Group rendition of *A Grand Ol' Soap Opera*, 6:30 p.m., Ballardvale United Church, 23 Clark Road, \$10 adults, \$5 kids; Sheila Stone 470-1567.

Ham and bean supper, First Calvary Baptist Church, Rte. 125 and Massachusetts Avenue,

North Andover, 4:30-6:30 p.m., \$5 adults, \$3.50 under 10, free under 3; Amy Higgins 682-8785.

Quilt show, 10 a.m.-4 p.m., (see entry under Friday, Nov. 8).

A Salute to Broadway by Chandler Noyes, bagpipe and brass music, 8 p.m., Memorial Music Hall, Broadway Street, Methuen, \$10 tickets; 688-9696.

Don Juan In Chicago, (see entry under Friday, Nov. 8).

Nature crafts, presented by MetLife Outdoors, 100 Ames Pond Drive, Metropolitan Technology Park, Tewksbury, 10-11 a.m., free, children under 16 must be accompanied by an adult; (617) 437-1508.

Li'l Abner, (see entry under Friday, Nov. 8).

SUNDAY, NOV. 10

Chefs' auction and tasting, benefits Merrimack Valley March of Dimes, sample local chefs' work, Andover Marriott, 123 Old River Road, 6 p.m., \$20; Dianne Bradley 372-7731.

Holiday craft fair, Marland Place assisted living community, 15 Stevens St., 1:30-4 p.m., free parking and admission; Joanne Briggs 475-4225 Ext. 110.

Piano recital, Gabriel Chodos, Timken Recital Room, Graves Hall, Phillips Academy, 3 p.m., free; 749-4265.

Film and discussion, 3rd part of world religion series, Judaism and Christianity, Bill Moyers interviews, 7:30-9 p.m., free, Unitarian Universalist Church, 6 Locke St.; Susan Foster 470-1134, or Scott Carey 475-9530.

Flute and piano concert celebrating Andover's 350th anniversary, music teachers Eugenia and Leonard Mironovich of Andover, Memorial Hall Library, 2:30 p.m., free; Norma Gammon 475-6960.

Hike by the AMC, Hannah Dustin Trail, 4.5 miles of Merrimack River Trail, moderate terrain, rain cancels; Art Olsen (508) 374-0751 for meeting time and place.

String, reed, horn and piano concert, featuring pianist, Diane Lim, performing Poulence: *Sonata for flute and piano*, Poulence: *Sextet and Brahms: Piano Quartet in G Minor, opus 25*, Edward M. Pickman Concert Hall, Longy School of Music, 27 Garden St., Cambridge, 7 p.m., free; Diane Lim 470-0439.

Fund-raising dance, Youth Dance Co., Donna Miceli Dance Center, Tewksbury VFW Hall, 15 Joy St., Tewksbury, 7-10 p.m., \$5 tickets; 851-6108.

Chamber music concert, the North Reading Cultural Council, Brett Johnson baritone, Hilary Walther violin, Duncan Cumming piano, Flint Memorial Library, North Reading, 2 p.m., free and open to the public; Mary Street 664-2695.

Artist's reception, Joan Turner and students, 2-4 p.m., Vivien F. Porter Gallery, Billerica Town Hall, 365 Boston Road, Billerica,

refreshments, free admission; 663-2950.

VETERANS DAY MONDAY, NOV. 11

Songs for children, Rick Charette in concert, presented by the Andover School of Montessori, West Middle School, Shawsheen Road, 2 p.m., \$6; 475-2299.

TUESDAY, NOV. 12

Floral designs by C. Anthony Todesco, presented by the Spade and Garden Club of Andover, West Elementary School, 60 Beacon St., 7:30 p.m., \$3 tickets through the garden club, \$5 at the door; Dorie Bicknell 475-40664.

Andover Hideaways Revealed, morning coffee program, Andover Historical Society, 97 Main St., 9 a.m., \$2 non-members; 475-2236.

Workshop, getting fit doing house- and yardwork, sponsored by the Mother Connection, demonstrated by Carolyn Abagis, First Calvary Baptist Church, 586 Massachusetts Ave., North Andover, \$5; 975-2465.

Rick Amirault, retired chief officer of *USS Constitution*, telling story of its repairs, Andover Senior Center, 1:30 p.m., free; 475-7484.

Gender Issues: A Social Dilemma, lecture by Dr. Ruth Nemzoff, Townwide Speaker Series, Parent-to-Parent, Pike School, Sunset Rock Road, 7:30-9:30 p.m., free; Lynn Wailes 475-3956.

WEDNESDAY, NOV. 13

The Soul of Andover, final program in "Andover at 400" series, discussion contemplating the spiritual character of our community in 50 years, panel of community and religious leaders, audience response encouraged, at 8:57 p.m. "last-word editorial" by *Townsmen* editor Perry Colmore; program starts at 7:30 p.m., Memorial Hall Library; Rev. Calvin Mutti 475-0321.

Kitchen tool night, sponsored by Sisterhood of Temple Emanuel, Temple Emanuel, 7 p.m.; Shelley Selwyn 470-3418.

Ensemble Soleil, McQuade Library, Merrimack College, 3 p.m., free.

Christmas fair, 42nd annual Hay Scales Exchange, Ramada Rolling Green, 311 Lowell St., 10 a.m.-8 p.m., \$1 admission; 683-3691.

THURSDAY, NOV. 14

No-pain piano work shop, taught by Frank Dunne, the Department of Community Services, 6:30-9:30 p.m., \$24 tickets; 623-8274.

Health and wellness fair, aerobic, dance, double-dutch jump-roping, cheerleading demonstrations, the fieldhouse, Andover High School, 9:30 a.m.-2 p.m., 5-7:30 p.m.; 470-2538.

Live performance by Michael Winslow, played Officer Larvelle

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(Continued on page 22)

EVENTS CALENDAR LISTINGS

(Continued from page 21)

Jones in *Police Academy*, The Comedy Place, Grill 93, River Road; call for times and prices 1-800-TO-LAUGH.

Membership social by the Newcomers club of the Andovers, home of Linda Iannelli, 7:30-9:30 p.m.; Arleen Jaracz 749-3186 or Elaine Hammer 557-0196 for directions.

The Arctic and Antarctica slide presentation of earth's polar caps, by AMC, 7:30 p.m., Stevens Memorial Library, Central and Main streets, refreshments, \$2 donation; Dave Doub 470-3703.

Christmas fair, 10 a.m.-4 p.m., (see entry under Wednesday, Nov. 13).

Breakfast circle featuring Dr. David Burns' lecture on gastroenterology and nutrition, Sutton Hill Nursing and Retirement Center, 1801 Turnpike St., North Andover, 9-10:30 a.m., \$1 tickets; 688-1212.

FRIDAY, NOV. 15

Faculty jazz ensemble, Latin arts weekend, Gabriel Chodos, piano, Kemper Auditorium, Elson Arts Center, Phillips Academy, 7:30 p.m., free and open to the public; 749-4265.

Live performance (see entry under Thursday, Nov. 14).

Fiddle and bow fair year-round and seasonal crafts, Groveland Congregational Church, 4 King St., Groveland, 4-9 p.m.; Jane Talbot (508) 372-6422.

Mame musical production, Lowell Memorial Auditorium's Broadway Series, 50 Merrimack St., Lowell, 8 p.m., prices vary; Liz Flynn 937-8688.

Turkey cheer raffle and refreshments, 7 p.m., Sacred Heart Church, 321 So. Broadway, Lawrence; Irene 686-5712.

SATURDAY, NOV. 16

It had to be Fords documentary video by Mark Schorr and Jim Sheldon, last days of Ford's Coffee Shop, Amos Blanchard House and Barn Museum, 97 Main St., \$8, 2 p.m.; 475-2236 R.S.V.P.

Art auction, hosted by the Merrimack Valley Hebrew Academy, Montefiore Synagogue, 460 Westford St., Lowell, 6:30 p.m. preview, 7:30 p.m. auction; (508) 452-MVHA.

Children's book festival, hosted by the Mother Connection, reading by author Miko Imai, pup-

pets and baked goods, Old Town Hall, 20 Main St., 9 a.m.-3:30 p.m.

Live performance (see entry under Thursday, Nov. 14).

Benefit concert, soprano Allison Williams-Ryan, baritone Walter Shalda, organist Patricia Spencer, of the William Ferris Chorale of Chicago, program features Bach to Broadway to Gershwin, 8 p.m., reception following, South Church, Central Street, \$10; 682-7599.

Christmas fair, handmade items, First-Calvary Baptist Church, 586 Massachusetts Ave., North Andover, 9 a.m.-4 p.m.; 685-1502.

The Hunchback of Notre Dame, silent 1923 classic movie accompanied by Chandler Noyes' organ playing, Methuen Memorial Music Hall, 192 Broadway, Methuen, \$10 adults, \$5 students, \$2.50 children; David Voit 688-2407.

Holiday bazaar, silent auction, crafts, 9 a.m.-2 p.m., United Methodist Church, 57 Peters St., No. Andover.

Fiddle and bow fair, 9 a.m.-2 p.m. (see entry under Friday, Nov. 16).

Fall festival, crafts, food and fun, North Andover Middle School, 495 Main St., North Andover, free admission; Anne 794-1870.

Concert by Barbar Kessler, award-winning singer, Universalist Unitarian Church, Routes 110 and 125, Haverhill, \$10 admission, refreshments, advance tickets sold; (508) 373-9259.

Merrimack Valley Chorus, singing jazz, swing, pop, Galvin Junior High School, 525 Main St., Wakefield, 3 p.m., \$10 tickets, student, senior, group discounts; Shirley 475-5883.

SUNDAY, NOV. 17

Academy Concert Band, featuring music of Tchaikovsky, Moussorgsky, Debussy, Corelli, Cochran Chapel, Phillips Academy campus, 3 p.m., free and open to the public; 749-4265.

Gallery talks, Keith Davis speaks about Dorothea Lange, Addison Gallery, Phillips Academy, 2 p.m., free and open to public; BJ Larson 749-4027.

Film and discussion, 4th part of world religion series, Islam, Bill Moyers interviews, 7:30-9 p.m., free, Unitarian Universalist Church, 6 Locke St.; Susan Fos-

ter 470-1134 or Scott Carey 475-9530.

Santa's sleigh arts and crafts show, 10 a.m.-4 p.m., Ramada Rolling Green, 311 Lowell St., \$2 admission; Joyce (603) 528-4014.

Open house for parents of kindergarten through eighth-graders, Clark School, 487 Locust St., Danvers, 2-4 p.m., free to interested parents; (508) 777-4699.

ONGOING

Museums and Historic Homes Andover Historical Society, *Andover Celebrates: 1896*, exhibit looks 100 years back at the community's 250th anniversary, mural of Andover's 1896 celebration painted by Karen Herman and Sue Dennett, photographs and memorabilia, will remain on view through 1996, Andover Historical Society, 97 Main St., library and office hours Monday-Saturday, 9 a.m.-5 p.m. by appointment; \$4 adults, \$2 children, members free; 475-2236.

Robert S. Peabody Museum of Archaeology, Main and Phillips Streets, includes the newly restored diorama, miniature scene of Native Americans along the banks of the Merrimack River, Tuesday through Friday noon-5 p.m., Saturday 10 a.m.-1 p.m., free; 749-4490.

Voices on Repatriation and Renewing Tradition: Modern Pueblo Pottery, continuing exhibits feature collections of Native American artifacts;

Pecos Pueblo: Crossroads of Cultures, tells story of the Pueblo at Pecos, New Mexico, inhabited from 1300 to 1838 by a sophisticated Native society.

Stevens-Coolidge Place, 137 Andover Street, North Andover, open for the 1996 season, featuring 91-acre estate, property of Trustees of Reservations since 1962, over five acres of landscaped lawns and gardens, Sundays 1-5 p.m., or by appointment, \$3 adults; Robert Murray 682-3580.

Lowell National Historic Park, Visitor Center at Market Mills, 246 Market St., Lowell open 8:30 a.m.-5 p.m., Boott Mills, 400 Foot of John St., boat tour available with museum admission, ticket prices vary according to event; 970-5000.

Wenham Museum, featuring Play & Learn III, a children's interactive exhibit, 17th-century Claflin-Richards House, 132 Main St., Wenham, Monday-Friday 10 a.m.-4 p.m., Saturday 1-4 p.m., Sunday 2-5 p.m., \$3 adults, \$1 children, \$2.50 seniors, members free.

Art Exhibitions

Addison Gallery of American Art, Phillips Academy, Main Street, featuring painting, drawing and photographs of Addison's first artist-in-residence, Charles Sheeler, through Dec. 1, photography of Dorothea Lang, Wendy Ewald and Judith Joy Ross, through Jan. 5, Tuesday through Saturday 10 a.m.-5 p.m., Sunday 1-5 p.m., free; BJ Larson 749-4027.

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Save This Date

The Townsman will list in one sentence, free of charge, cultural events that are scheduled at least a month off. Deadline is Friday at 5 p.m. for the next week's issue.

Sunday, Dec. 1, Annual Firefighters Holiday Parade featuring Santa and friends, Main Street area; rain/snow date Dec. 8.

Sunday, Dec. 8, New England Classical Singers perform

Handel's *Judas Maccabaeus*, 3 p.m. Merrimack College Chapel.

Friday, Dec. 13, The Community Chorus of Phillips Academy will present the *Messiah*, as well as Schubert's *G Major Mass*, 7 p.m. in Cochran Chapel at the Academy.

Sunday, Jan. 19, Andover Choral Society performs Franz Schubert's *Mass in F*, and *Stabat Mater*, 3 p.m. Calvary Baptist Church, North Andover.

350th Anniversary time capsule planned

By Virginia Lopez Begg

If you have always longed to go down in history, now is your chance. To close out Andover's 350th anniversary celebration, a time capsule will be buried in front of Old Town Hall on Main Street Sunday, Dec. 8. The 350th Committee is seeking ideas for items to include in the time capsule.

Residents are invited to let their imaginations run free, advised Norma Gammon, chairwoman of the committee, adding, "We want to tell the Andover of 2046 what we in 1996 were all about."

Suggestions should be submitted as soon as possible to: 350th Time Capsule, Senior Center, Morton Street, Andover, 01810.

350th Store hours

The 350th Anniversary Store at Old Town Hall will be open Fridays from 10:30 a.m. to 2:30 p.m., except the Friday after Thanksgiving, Nov. 29.

'Andover Hideaways Revealed' at coffee

The Andover Historical Society will host a Morning

Coffee program entitled "Andover Hideaways Revealed" Tuesday, Nov. 12, at 9 a.m. Little-known or obscure places in Andover will be the focus of lectures by Bette Gorrie, Bernice Haggerty, Ruth Sharpe and Ruth Sherwood.

Coffin closets, dovecotes, the Rose Cottage Tea Room, the Underground Railroad and cottage industries are some of the topics. The society is located at 97 Main St. Complimentary homemade baked goods, coffee and tea will be served. The program is free for members and \$2 for non-members. For more information, call 475-2236.

Soloists from Chicago to appear at South Church benefit concert

South Church on Central Street will present an evening of music by three members of the world renowned William Ferris Chorale of Chicago on Saturday, Nov. 16, at 8 p.m. Soprano Allison Williams-Ryan, whose parents, Art and Mary Ann Williams, are members of South Church, will be featured. Baritone Walter Shalda and organist Patricia Spencer will accompany her.

The *Chicago Tribune* has hailed the William Ferris Chorale as "the finest voices in



the city." The program will vary from Bach to Gershwin to Broadway, and will be followed by a reception. Tickets may be purchased in advance at South Church for \$10, as well as at the door. All proceeds will benefit equally the South Church Organ Fund and the newly formed, Friends of Andover Youth, fundraisers and advo-

cates for Andover Youth Services. For more information call 682-7599.

Andona Society plans its 44th annual ball

The Andona Society will hold its 44th annual ball, "Caribbean Moonlight," Saturday, Nov. 9, at Andover Marriott. The ball allows people to attend a fun social event while supporting Andover youth-oriented organizations. Last year Andona contributed more than \$30,000 to Andover youth programs.

Everyone is welcome. Tickets are \$125 per couple and \$65 per single ticket. Advance ticket purchase is required to arrange seating in tables of 10. Donations to Andona will be accepted from those unable to attend.

Clockwork, a live band, will provide music with dancing until 1 a.m.

This year's committee includes chairwomen Leslie Mann and Marianne Tompkins, Anne Marie Bularzik, Gail Reynolds, Lisa Canepa, Jody Nelson, Anne French and Cheryl Prochilo.

The cocktail reception at 7 p.m. will be followed by dinner at 8. There is a choice of Cayman grilled chicken, Jamaica tenderloin kabob or Magen's

Bay coconut-crusted red snapper. Dessert will be a passion-fruit mousse in a chocolate cup.

"This year's ball will be a wonderful event, so plan on joining us and help us to help the children of Andover," organizers said. Call Anne Marie Bularzik at 470-2423.

Poetry reading by the fireside to close series

The Andover Bookstore's Fall Poetry Series will come to a close Friday, Nov. 8, with a reading by poets Miriam Goodman of Cambridge and Michael Casey of Andover at 7 p.m. Both poets address the world of work in their latest collections, and read by the fireside at the bookstore.

Ms. Goodman's most recent book of poetry is *Commercial Traveler* from Garden Street Press (1996). She co-teaches a class in writing and photography at The New England School of Photography, and is working on a CD-ROM of poetry and photography. Ms. Goodman lives in Cambridge.

Mr. Casey's new book of poems is entitled *Mill Rat* (Adastra Press 1996.) His poems have been published in *The New York Times*, *Rolling Stone*, *College English* and the *Boston Phoenix*. He teaches creative writing at Northern Essex Community College in Haverhill.

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campaign volunteers, and the
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for their support in my
first election endeavor.

James "Jim" Fox
475-4927

OBITUARIES

Edna Winic Member of Congregation Tifereth Israel

Edna (Bell) Winic, 77, of North Andover died Thursday, Oct. 31, at Holy Family Hospital in Methuen.

Mrs. Winic was born and educated in Chicago, Ill. She moved to North Andover in 1966.

She was an active member of Andover Congregation Tifereth Israel, Sisterhood of Congregation Tifereth Israel and Lawrence Choral Arts Society.

Members of her family include her husband, Samuel Winic of North Andover; daughter Elaine Winic of Malden; sister, Helen Rosenstone of Jackson, N.J.; and brother, Edward Bell of Parsippany, N.J.

Services were held Friday at Congregation Tifereth Israel. Burial was in Tifereth Anshai Sfarid Cemetery in Lawrence.

Arrangements were by Goldman-Fisher Chapel of Malden.

Memorial contributions may be made to Congregation Tifereth Israel

Deaths Elsewhere

BATTIATO — Angela D. Battiato, 49, of Manchester, N.H., died Sunday, Nov. 3, at Elliot Hospital in Manchester, N.H., of cancer.

Members of her family include her sister, Margaret Benjamin of Andover.

KING — Mary J. (Cahill) King, 89, of Milford, N.H., died Sunday, Nov. 3, at Good Shepard Nursing Home in Jaffrey, N.H.

Members of her family include her son and daughter-in-law, Robert T. and Patricia King of Andover.

MCCARTY — Thomas F. McCarty, 47, of Derry, N.H., died from complications with diabetes Friday, Nov. 1, at Parkland Medical Center.

Mr. McCarty was a materials expeditor at Raytheon in Andover, where he had worked for 10 years.

Members of his family include his sister, Dianne Siudut of Andover.

Building Fund, P.O. Box 929, Andover, Mass. 01810, or to Holy Family Hospital Cancer Management Center, 70 East St., Methuen, 01844.

Margaret. M. Rice Honored as Irish patriot

Margaret Marie (O'Toole) Rice, 88, died Wednesday, Oct. 30, at Academy Manor Nursing Home.

Mrs. Rice was born in Tomduff, County Carlow, Ireland.

She was only 13 when she was riding her pony over mountains in Ireland to deliver military dispatches essential to the civil war there.

She was a member of the celebrated Gaelic women's movement known as the Cuman Na Mbam from 1920 to 1923.

During the guerrilla fighting of the Irish civil war, she rode her pony Billy, with no saddle, over the highest mountain on Ireland's east coast to meet with a playmate and secretly exchange a dispatch she had tucked in her stocking.

She was arrested and brought to a women's prison in County Carlow, where the soldiers who guarded her were often young men she knew who happened to be on the other side in the war.

Mrs. Rice was 14 when she was in the maximum security Kilmainham Gaol. Kept in solitary, she passed the time by praying to a religious mural on the prison wall.

She was released from prison after participating in a hunger strike in an effort to get medical attention for a prisoner who had been severely beaten by prison guards.

Mrs. Rice came to New York in 1926. She returned to Ireland in 1932 and married Arthur Rice.

Her husband left when she was carrying their youngest child, and she raised her family alone on the

family farm, Rice's of Ballinvalley.

She followed her grown children to America in 1959.

She lived in Long Island, N.Y., and Melrose, where she was a member of St. Mary Church.

Members of her family include her son, Thomas J. Rice of Andover; daughters, Ann Morgan of Long Island, Maureen Keene of Sheffield, England, and Christine Bomba of Ottawa, Canada; 14 grandchildren; and seven great-grandchildren.

Services were held Monday in Rathanna Parish Roman Catholic Church, Rathanna, County Carlow, Ireland. Burial was in Rathanna Parish Cemetery.

Mrs. Rice lay in state at the local church in Ireland Sunday, to be recognized for her contributions to Ireland's history.

Arrangements were by Dewhirst & Conte Funeral Home.

William C. Looney Lived here for 10 years

William C. Looney, 90, died Friday, Nov. 1, at Prescott House in North Andover.

Mr. Looney had lived in Andover for 10 years and in Rockland for 10 years, and summered in Blodgett Landing, N.H. He was a former resident of Medford.

He was a quality control manager at Converse Rubber Co. when he retired 25 years ago.

Members of his family include his sons, William Looney of Harwich, Peter Looney of Charlestown, Lawrence Looney of Andover and Robert Looney of Victor, N.Y.; daughter, Patricia MacFaden of Rockland; 16 grandchildren; and 15 great-grandchildren.

He was the widower of Agnes Burns.

A funeral Mass was said Monday

at St. Augustine Church. Burial was in Oak Grove Cemetery in Medford.

Arrangements were by Dewhirst & Conte Funeral Home.

Arthur S. Chambers Attended Pynchard High

Arthur S. Chambers, 92, of Greenfield died Sunday, Nov. 3.

Mr. Chambers was born in Lawrence. He attended Pynchard High School and was owner of the Chambers farm for 56 years. He moved to Tewksbury in 1971 and to Greenfield in 1980.

Mr. Chambers was a member of the First Baptist Church of Tewksbury, a generous benefactor to many organizations and a volunteer and supporter of the Grotonwood-Oceanwood camping program of the American Baptist Churches of Massachusetts.

Members of his family include his wife of 20 years, Edna M. (Rice) Chambers of Greenfield; brother, Milton Chambers of Saugus; three stepdaughters, Shirley Morawski and Judy Clish of Greenfield and Rebecca Kenney of Andover; one niece; one nephew; and several step-children.

He is the widower of Velma M. (Trull), who died in 1973.

A funeral service was held Wednesday at the First Baptist Church of Tewksbury. His son-in-law, the Rev. Frank J. Clish, officiated at a graveside service at West Parish Cemetery.

Memorial contributions may be made to the First Baptist Church of Tewksbury, 1500 Andover St., Tewksbury, Mass., or to the First Baptist Church of Greenfield, 116 Federal St., Greenfield, Mass. 01301.

Arrangements were by Walker Funeral Home in Greenfield.

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These Thoughts*

by Garry A. Burke



CULTIVATING TIME

We may place so much stress on how much time we are allowed that we may overlook how well we might put it to good use. Nearly every aspect of our lives is governed by the clock, so much so that we focus more on the borders that our schedules create than the extensive chance for opportunity contained within them. It is often said that those who watch the clock waiting for time to pass will only be rewarded with a seemingly slower movement of the clock's hands, while time will seem to fly for those who pay the clock no attention. Much of the wisdom of putting time to its best use is contained in the words of David Hume, who wrote: "A man's time, when well husbanded, is like a cultivated field, of which a few acres produces more of what is useful to life, than extensive provinces, even of the richest soil, when overrun with weeds and brambles."

There is no more difficult period for a family than that encountered immediately after a death occurs. Family members are under considerable stress, and there is a need for them to share in the decisions and concerns regarding the arrangements. There is also a need to come to grips with the actual event taking place. To find out more about pre-arrangement, call **BURKE FUNERAL HOME** at 475-5200. You will find us at 390 North Main Street, we are a nonsectarian home.

QUOTE: "TIME IS WHAT WE WANT MOST, BUT WHAT ALAS! WE USE WORST."

William Penn

OBITUARIES

Dr. James F. Haggerty Red Cross official

Dr. James F. "Buster" Haggerty, 79, of Bethesda, Md., died on Thursday, Oct. 17, at Suburban Hospital.

A native of Andover, Dr. Haggerty was born in Ballard Vale. He graduated from Punchard High School in 1934 and from Tufts University in 1940. He received a doctorate in biochemistry from Georgetown University.

He served as a U.S. Naval officer during World War II and saw combat aboard an attack transport in the Pacific Theater of Operations.

He moved to Washington, D.C., in 1948 and was a chemist with the Food and Drug Administration before becoming a staff biochemist with the division of biology and medicine at the Atomic Energy Commission in 1952. He joined National Institutes of Health in 1961 and became chief of the research grant branch for the National Cancer Institute and chief of the National Institutes of Health research grants review branch. He also began the scholars-in-residence program and served as chief.

Dr. Haggerty retired from NIH in 1975. He then became deputy director of the blood research laboratory of the American Red Cross, a position he held until his retirement in 1985.

He was a member of Sigma Xi national science honor society.

Members of his family include his wife, Elizabeth Haggerty; son, Donald Haggerty; daughter, Kathleen Haggerty Falconi; and five grandchildren, all of Maryland; brother, (Ret.) Brig. Gen. John E. Haggerty, of Grafton; and several nieces and nephews.

He was also the brother of the late Franklin K. Haggerty and William K. Haggerty of Ballardvale.

Committal services were held at Arlington National Cemetery in Washington, D.C.

Flora D. Brainerd Former resident of Andover

Flora D. (Coppeta) Brainerd, 71, of W. Ossipee, N.H., died Sunday, Nov. 3, at Maine Medical Center.

Mrs. Brainerd was born in Lawrence and was a former resident of Andover.

She was a member of St. Joseph's Church in Ossipee and of St. Augustine Church.

Members of her family include her husband, Fredrick D. Brainerd of W. Ossipee; son and daughter-in-law, Fredrick J. and Linda Brainerd of Frederick, Md.; daughter and son-in-

law, Kristina and Daniel Innes of Norton; sisters, Anna Coppeta, Ida Coppeta, Edna Coppeta and Marianne Brainerd, all of Andover, and Gilda Walsh of Norfolk.

A funeral Mass was said Wednesday at St. Augustine Church. Burial was in West Parish Cemetery.

Arrangements were by Burke Funeral Home.

Memorial contributions may be made to Merrimack Valley Hospice, 1 Union St., Andover, Mass. 01810.

Harold Windle Worked for 36 years for North Andover Highway Dept.

Harold Windle, 80, of North Andover died Sunday, Nov. 3, at Wingate Nursing Home.

Mr. Windle was born in Andover.

He had worked for the North Andover Highway Department for 36 years.

Mr. Windle attended Trinitarian Congregational Church.

He enjoyed trips to Lake Winnetka.

Members of his family include his wife, Valirie May (Dougherty) Windle of North Andover; brothers, Wilfred Windle, George Windle and Leonard Windle, all of North Andover, and Ralph Windle of Methuen; sister, Barbara Heiman of North Andover; and several nieces and nephews.

Services were held Wednesday at Dewhirst & Conte Funeral Home in North Andover. Burial was in Spring Grove Cemetery.

Memorial contributions may be made to American Cancer Society, 14 Loon Hill Road, Dracut, Mass. 01826-4015.

Marguerite L. Thompson Was active at Andover Baptist Church

Marguerite L. Thompson, 91, of Hollywood, Fla., died Thursday, Oct. 31, at her home.

Mrs. Thompson was born and raised in Revere. She moved to Andover following her marriage to her late husband, Joseph W. Thompson.

Mrs. Thompson was involved in the choir at Andover Baptist Church and her husband was a deacon.

Mrs. Thompson moved to Florida seven years ago to live with her granddaughter, Beverly Rodriguez.

Members of her family include two other granddaughters, Joanne L. Torres of Coral Springs, Fla., and Lisa M. Bryan of Fort Lauderdale, Fla.; eight great-grandchildren; and three great-grandchildren.

A graveside service will be held next week in Dover, N.H.

Norman P. Parsons Punchard High graduate

Norman P. Parsons, 68, of Hampton, N.H., died Friday, Nov. 1, at his winter home in Sarasota, Fla., after a sudden illness.

Mr. Parsons was born in Andover. He graduated from Punchard High School in 1946 and from Franklin Technical Institute of Boston. He had been living in Hampton since 1960.

Mr. Parsons owned and operated Parsons Electric in Hampton for 30 years until he retired in 1990.

He was an Army veteran of World War II.

Mr. Parsons attended United Methodist Church and was a member of St. James Lodge 102 AF&AM.

Members of his family include his wife of 45 years, Bernadette J. (Murphy) Parsons of Hampton; sons, John W. Parsons of Durham, N.H., and James M. Parsons of North Hampton, N.H.; daughter, Barbara P. Mackle of Hampton; brother, Henry V. Parsons of Effingham Falls, N.H.; sisters, Hazel Ammon and Barbara Dufresne, both of Andover, and Doris Bayliff of North Andover and Sarasota, Fla.; four grandsons; and nieces and nephews.

He was the father of Mary K. Parsons, who died in 1957.

Services will be held Saturday, Nov. 9, at 1 p.m. at Remick & Gendron Funeral Home, 811 Lafayette Road, Hampton. The family requests no calling hours and family flowers only.

Memorial contributions may be made to Winnacunnet High School Scholarship Foundation Alumni Drive, Hampton, N.H. 03842, or to United Methodist Church Building Fund, 525 Lafayette Road, Hampton, N.H. 03842.

Eleanor D. Ronan, 71 Attended St. Augustine

Eleanor D. (Connolly) Ronan, 71, born in Andover, died Tuesday, Nov. 5, in her home.

Born in Andover, she attended St. Augustine Church in Andover. She was the widow of John J. Ronan.

Members of her family include her son and his wife, John S. and Mary Anne Ronan of Andover; two grandsons; sister, Florence Robertson of

Andover; brother, George Connolly of Andover; and several nieces and nephews.

A funeral Mass will be said tomorrow, Friday, Nov. 8, at 10 a.m. at the Burke Funeral Home, 390 N. Main St.

Calling hours are from 2 to 4 and 7 to 9 p.m. today, Thursday, at the funeral home.

Memorial contributions may be made to the American Cancer Society, 14 Loon Hill Road, Dracut, Mass. 01826, or to Merrimack Valley Hospice, 1 Union St., Andover, 01810.

Stanley Sawler Sr. Orchestra road manager

Stanley Sawler Sr., 75, of Andover died Tuesday, Nov. 5, at the Lahey Hitchcock Clinic Medical Center, Burlington.

He was born in Wakefield and lived in North Reading and Brookline.

He was a road manager for the Vaughn Monroe orchestra for many years and the manager of "The Meadows" in Framingham.

Until his retirement in 1990, he was the food service director for the North Reading public schools for 12 years.

He was an Army veteran.

Members of his family include his wife, Caroline L. (Stilley) Sawler; sons Bruce G. Sawler of Sunnyvale, Calif., Stanley D. Sawler Jr. of Rochester, N.Y., and Andrew Sawler of Jamaica Plain; daughters Emily L. Favier of Belleville, Ill., and Janet E. Meador of Lafayette, Tenn.; one nephew; and six grandchildren.

Calling hours are 7 to 9 p.m. tonight, Thursday, at the Crosswell Funeral Home, 19 Bow St., North Reading.

Services will be held tomorrow, Friday, Nov. 8, at the funeral home.

Burial will be in the Veterans Administration National Cemetery in Bourne.

William A. Long Memorial service set

A memorial service for William Long and Marjorie Crosby Long, former residents of Andover, will be held Sunday, Nov. 10, at 2 p.m. at Clipper Home of Wolfeboro, 39 Clipper Drive, Wolfeboro, N.H.

Mr. Long, 78, died Sunday, Oct. 20, in Laconia, N.H.

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Ballardvale Church to host dinner theater

Ballardvale United Church will host a fund-raising dinner Saturday, Nov. 9, at 6:30 p.m. The meal will consist of salad, chicken cordon bleu with cranberry sauce, scalloped potatoes, peas, rolls and butter and beverages. The Senior

Youth Group will perform the melodrama "A Grand Ol' Soap Opera" during dessert of apple crisp and whipped cream. Tickets are \$10 per adult, \$5 for children under 10.

Call 470-1567 for reservations.

POLICE LOG

ARRESTS

Tuesday, Oct. 29 - At 7:41 a.m., Margaret C. Turner, 34, of 62 Essex St., was arrested at her home and charged on a traffic warrant.

Wednesday, Oct. 30 - At 7:13 p.m., Martin Kassin, 30, of 10 Shadow Lane, was arrested at his home and charged with assault and battery after the report of a domestic dispute there.

Thursday, Oct. 31 - At 11:53 a.m., Sherry A. Dureault, 27, of Lawrence, was arrested on North Main Street and charged with

operating with a revoked registration and uninsured, and on a state police warrant for operating unregistered and uninsured.

Friday, Nov. 1 - At 11:03 a.m., Roberto Rivera, 26, of Lawrence, was arrested on Union Street and charged with operating unregistered, uninsured and unlicensed, and on two warrants.

Saturday, Nov. 2 - At 11:03 a.m., Orlando Suarez, 37, of Salem, N.H., was arrested at Greater Lawrence Technical School and charged with operating after suspension of his license, speeding and on a state police-

Grafton warrant and a Billerica warrant, both for motor vehicle violations.

Sunday, Nov. 3 - At 3:49 p.m., Linda Noone, 28, of Lawrence, was arrested in Shawsheen Plaza and charged with operating after revocation of her license, after plates were revoked and on a warrant for operating with a suspended license.

At 11:32 p.m., Cheryl L. Day, 38, of 180 Andover St., was arrested on Central Street and charged with operating under the influence (liquor-third offense) and failure to stay in marked lanes.

Monday, Nov. 4 - At 6:54 p.m., Jason E. Chambers, 21, of Haverhill, was arrested on Argyle Street and charged on a warrant for car theft.

INCIDENTS

Thursday, Oct. 31 - At 6:36 p.m., a turkey was reported in the middle of Torr Street. An officer reported it was a peacock and made an effort to find the peacock's owner.

Friday, Nov. 1 - At 3:03 p.m., a Crescent Drive woman reported her husband had come to pick up their daughter but was

(Continued on page 27)

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POLICE LOG

(Continued from page 26)

kicking the caller's car. The husband then entered the house and left with the daughter, the woman said. An emergency 209A restraining order was issued against the husband.

At 9:40 p.m., a caller reported being assaulted in a parking lot at 400 River Road.

ACCIDENTS

Tuesday, Oct. 29 - At 5:04 p.m., a minor accident was reported near South Church on Central Street.

Wednesday, Oct. 30 - At 6:56 a.m., minor injuries were reported in a two-car accident near 160 Dascomb Road.

At 4:24 p.m., an accident was reported near 340 N. Main St.

Friday, Nov. 1 - At 8:57 a.m., a hit-and-run accident was reported on Route 125 at Vine Street. A car was damaged and a stop sign and guardrail were damaged.

At 5:47 p.m., a dog was struck and killed near 112 High Plain Road.

Saturday, Nov. 2 - At 4:41 p.m., a car was damaged when it struck a deer near 528 S. Main St., but the deer ran off.

Sunday, Nov. 3 - At 3:21 p.m., a car was reported sideswiped in a hit-and-run accident overnight near 22 Enmore St.

Monday, Nov. 4 - At 8:37 a.m., an accident was reported near 150 Dascomb Road.

At 2:13 p.m., a minor accident was reported in the lot at McDonald's on North Main Street.

At 8:16 p.m., a car struck a utility pole near 24 Argilla Road.

BREAKS

Tuesday, Oct. 29 - At 2:17 p.m., a car break was reported on Minuteman Drive.

Sunday, Nov. 3 - At 4:57 p.m., a car break was reported on Ferndale Avenue.

At 10:33 p.m., a car break was reported at Andover Country Club.

Monday, Nov. 4 - At 8:59 p.m., a break into a building was reported on Campanelli Drive.

THEFTS

Tuesday, Oct. 29 - At 4:37 p.m., a VCR was reported taken on Fleming Avenue.

At 6:59 p.m., musical equipment was reported taken on Dale Street.

Wednesday, Oct. 30 - At 2:48 p.m., two shoplifters were reported caught in CVS/Pharmacy on Main Street.

At 4:37 p.m., a shoplifter was reported in Andover's Gift Shop, 4 Main St.

At 6:50 p.m., state police handled an accident on Interstate 93 at Route 495.

Thursday, Oct. 31 - At 4:28 a.m., a Lucerne

Drive resident reported two individuals got out of a car and were running around the neighborhood while the car circled the area. Merrimack College Security stopped the car a short time later and police recovered several items, including several flags and banners, apparently taken in some type of scavenger hunt. The individuals were to be issued summonses for charges of larceny. Several of the flags were returned to various residents as reports of the thefts came in during the next couple of days.

At 10 a.m., a compressor and other items were reported taken from a garage on Pine Street.

At 1:10 a.m., Mass. Electric reported the theft of transformers from its Lupine Road substation.

At 2:51 p.m., a lap-top computer was reported taken from an office at Raytheon Co. two days earlier while its owner was at lunch.

At 2:51 p.m., youths were reported shoplifting shaving cream at Brooks Drug in Shawsheen Plaza. A youth was caught by police after leaving the store and taken home to his parents.

At 7:04 p.m., credit cards were reported stolen on Sheridan Road.

At 10:07 p.m., a credit card was reported taken from the YMCA on Haverhill Street.

Saturday, Nov. 2 - At 4:56 p.m., yard ornaments were reported taken on Bailey Road.

At 5:27 p.m., a phone was reported taken from a car at Shawsheen School on Oct. 24.

Sunday, Nov. 3 - At 10:15 a.m., another credit card was reported taken from the YMCA.

Monday, Nov. 4 - At 4:09 p.m., credit cards were reported taken from a guest at the Rolling Green

Ramada Hotel on Lowell Street.

VANDALISM

Tuesday, Oct. 29 - At 8:48 p.m., an electrical meter box was reported damaged behind Old Town Hall on Main Street.

Wednesday, Oct. 30 - At 11:07 p.m., a car was reported egged on Union Street near the Lawrence line.

Thursday, Oct. 31 - At 12:40 p.m., damage to a car was reported on Kenilworth Street.

At 5:23 p.m., kids were reported egging houses on Granada Way. During the next couple of hours eggings were reported on Wellington Circle, Shawnee Circle, Railroad Avenue and Forrest Hill Drive.

At 6:17 p.m., a Lovejoy Road woman reported kids throwing stink bombs at her house.

At 7:06 p.m., 30 kids were reported lighting things on fire on Ellsworth Road. An officer sent the kids on their way and told them trick-or-treating was over.

At 7:13 p.m., two males in ski masks reportedly doing the "trick-or-treat thing" kicked over items in front of a house on Main Street.

At 7:41 p.m., two cars were reported sprayed with paint on Post Office Avenue.

At 7:51 p.m., kids were reported setting on fire small piles of leaves on Brundrett Avenue.

At 9:07 p.m., damage was reported at the Ballardvale train station.

Friday, Nov. 1 - At noon a car's rear window was reported smashed overnight on River Street.

Saturday, Nov. 2 - At 3:56 p.m., a York Street house was reported hit with two yellow paint balls.

Sunday, Nov. 3 - At 1:39 p.m., damage to a shed was reported on Cherrywood Circle.

CAR THEFTS

Wednesday, Oct. 30 - At 3:50 p.m., a 1988 Chevrolet S10 Blazer was reported taken on High Street.

Thursday, Oct. 31 - At 12:58 p.m., a car previously reported taken from Andover was recovered in Methuen.

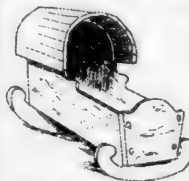
At 8:55 p.m., a car previously reported taken from Andover was recovered in Salem, N.H.

Friday, Nov. 1 - At 1:27 a.m., a car previously reported taken from Andover was recovered in Lawrence.

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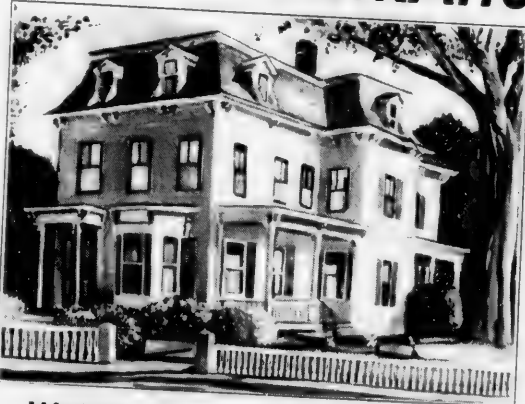
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ZBA, planners upheld in two court cases

By Don Staruk

The courts have recently upheld the town in two separate court cases, one involving an historic house on Poor Street, the other regarding a proposed subdivision on High Plain Road.

On Oct. 25, Mass. Land Court Judge Leon J. Lombardi upheld the Zoning Board of Appeals decision denying a petition from Gerard E. Welch for a special permit to convert the single family house at 66 Poor St. into eight condominium units. The house is owned by Jorge and Susan Schwartz, who live in the house.

Judge Lombardi found, as the ZBA did, that Poor Street was not adequate for traffic that would be generated by the project, and that, visually, the proposed project "would sit as an imposing structure on an otherwise quaint street lines with predominantly single-family homes."

Town Counsel Tom Urbelis represented the town in the case.
High Plain Road

Last week, on Oct. 31, Judge Lombardi allowed the town's motion to dismiss a complaint filed against the Planning Board by Charles Crevo, trustee of 223 High Plain Road Realty Trust.

The property is owned by Eleanor Thibeault. The complaint, filed June 12, 1995, appealed conditions imposed by the Planning Board on its approval of a subdivision plan for the property.

At the start of the trial Sept. 25, 1996, Mr. Urbelis challenged the plaintiff's standing. Mr. Urbelis argued that since the purchase and sale agreement Mr. Crevo had with Ms. Thibeault had expired, Mr. Crevo could not longer legally be the plaintiff in the case according to Mass. General Law.

Judge Lombardi agreed, saying that the purchase and sale agreement was poorly drafted, for example, it did not include a contingency "specifying that performance would only occur after final approvals were received on permits - including final judgments on any appeals."

Net gain for lacrosse possible

By Neil Fater

Andover High School may not yet have a lacrosse team, but the town's Youth Services Department is already creating a feeder program by running lacrosse practices for middle school-aged youth.

Bill Fahey, youth services coordinator, said he hopes to register at least one team in the Massachusetts Bay Youth Lacrosse Association this spring. Players in the league are between 11 and 14 years old, he said.

Last week, Merrimack College players and a coach could be spotted instructing Andover lacrosse hopefuls at the small field south of

Doherty Middle School.

"We need kids to learn the skills," said Mr. Fahey. "That's why we're practicing in the fall (and) we'll be practicing in the winter, so they'll be ready for the league."

The Mass. Bay Youth Lacrosse Association is a boys league but Mr. Fahey said girls willing to play by boys-league rules are allowed. About 60 towns are involved in the league and teams play an eight-game season.

Potential lacrosse lovers should give the Youth Services Department a ring at 623-8241.

Is Andover caught in the middle?

By Neil Fater

Does the town need more middle school space? Where and when will workers build more middle school classrooms?

Residents should get some answers to these questions during Tuesday's School Committee meeting.

A consulting firm is expected to give its report on Andover's middle school situation Tuesday, Nov. 12 and further discussion is expected the next day at a three-board meeting, according to Tina Girdwood, School Committee chairwoman.

The current multimillion-dollar construc-

tion project added space onto Andover High School and two elementary schools but did not touch Andover's middle schools.

Residents at April Town Meeting approved the money to hire a consultant to look at middle school enrollment projections. Ms. Girdwood said the consultant also analyzed elementary-school enrollment.

The School Committee meeting will start at 7:30 p.m.

Ms. Girdwood said the three-board meeting is expected to last from 7 to 8 p.m. because a National Honor Society induction is scheduled at 8 p.m. at Old Town Hall.

Fax it to the Townsman: 508-470-2819

NEWS CALENDAR

THURSDAY, NOV. 7

Board of Appeals, 7 p.m., monthly meeting, Memorial Hall Library.

Board of Appeals, 8 p.m., deliberation meeting, Memorial Hall Library.

School Building Committee, 7:30 Town Offices.

TUESDAY, NOV. 12

School Committee, 6 p.m., executive session, superintendent's conference room.

School Committee, 7:30 p.m., regular meeting, School Committee room.

Planning Board, 7:30 p.m., conference room, town offices.

Planning Board, 8:30 p.m., conference room, town offices.

Planning Board, 9:30 p.m., conference room, town offices.

WEDNESDAY, NOV. 13

School Committee, joint boards meeting, 7 p.m., School Committee Room.

THURSDAY, NOV. 14

School Building Committee, 7:30 Town Offices.

MONDAY, NOV. 18

Board of Selectmen, 7:30, conference room, town offices.

WEDNESDAY, NOV. 20

Middle and High School Improvement Council, 7 p.m., R & D Center.

Ad Hoc Committee for Finance, 7:30 p.m., School Committee Room.

Finance Committee, 7:30 p.m., Conference Room, Town Offices.

MONDAY, NOV. 25

Board of Selectmen, 7:30 p.m., conference room, town offices.

TUESDAY, NOV. 26

School Committee, executive session, 6:30 p.m., superintendent's conference room.

School Committee, regular meeting, 7:30 p.m., school committee room.

Officer Tim Hagerty injured

Officer Tim Hagerty was reported injured at about 2:30 a.m. Saturday, Nov. 2, when his cruiser struck the concrete base of a light pole while in the parking lot behind 28 Chestnut St. Officer Hagerty was taken to Lawrence General Hospital

where he received stitches for a gash on his head. He went home for the night but was back at work the next night. He was apparently looking at the building when the accident occurred, and his head hit the headliner-mounted light-control panel.

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Finegold takes state-rep race

(Continued from page 1)

they disagreed on how much had been spent. Mr. Finegold said he spent around \$50,000, while Mr. Fox and his family believe he spent as much as \$25,000 more than that.

"He probably outspent me by at least 2½ to 1," said Jim Fox. "He's probably spent as much as a minor senator would spend."

Mr. Fox said he hoped his loss won't stop other "citizen legislators from running against a mini-machine."

Mr. Finegold said, "People can't forget that we had a very tough primary" while Mr. Fox ran unopposed in his primary.

Mr. Finegold said he raised the money by "basically calling everyone I ever knew. I put in some of my own money too. I put in about \$8,000."

"When I decided to run - anytime I want to do anything - I'm going to do it right. We had a tough uphill battle. This is a Republican seat," said Mr. Finegold. "Unfortunately in politics, which is very sad, money is an important part of that."

First term focus

Mr. Finegold didn't make many promises regarding what he will accomplish during his first two-year term.

"Looking two years from now, I can't speculate on that," he said. "I'm going to be very accessible and people will continue to see a lot of me."

Mr. Finegold said he will continue focusing on economic development, particularly on expanding the exits and highway ramps in the River Road industrial area.

He said he'll use state open space bonding money to buy open land in town to help slow growth and will try to build a community bike trail in the area. He also expects to be involved in a major discussion about the future of education reform.

Selectman seat

Mr. Finegold expects he'll have to resign from the Board of Selectmen. He's held the seat for about half of his three-year term.

The new state representative said he's talked with his fellow selectmen and believes they will appoint someone to finish his term.

"It's a decision that's going to be made by the other members of the Board of Selectmen," said Mr. Finegold.

The selectmen probably will appoint someone to serve during the time between January, when the state Legislature will meet, and March, when the next town election will be held, said selectmen Larry Larsen and Jerry Silverman.

"I'm going to suggest that we would (appoint someone) simply because from January to March with Town Meeting and budget discussions there's too many (opportunities) for 2-2 votes," said Mr. Silverman.

Following Tuesday's results, Mr. Fox said he was "not interested at all"

ELECTION RESULTS

STATE REPRESENTATIVE

✓ Barry Finegold (D)8,318
James Fox (R)7,679

PRESIDENT/VICE PRESIDENT

✓ Clinton/Gore (D)7,830
Dole/Kemp (R)6,550

SENATOR IN CONGRESS

✓ John Kerry (D)6,410
William Weld (R)8,988

The above chart shows how Andover and Lawrence voted in the state-representative race; and how Andover voted in two other races. A check indicates the winner. Results are unofficial.

in running for selectman himself.

"It's an exhausting thing to run a race if you don't have as much money as your opponent," he said. Mr. Fox, 64, said he believes he could probably beat Mr. Finegold for state representative "two years out because his performance will be somewhat lacking, but I don't think it's worth it."

"You have to be somewhat practical here. I'm not a spring chicken," he said.

There seems to be support for appointing Charles Wesson, the former

State Rep Vote

by Andover Precinct

| Precinct # | Finegold | Fox | Blanks |
|------------|----------|-------|--------|
| 1 | 925 | 804 | 82 |
| 2 | 922 | 1,004 | 63 |
| 3 | 872 | 956 | 63 |
| 4 | 986 | 940 | 82 |
| 6 | 984 | 993 | 74 |
| 7 | 973 | 869 | 45 |
| 8 | 959 | 1,043 | 87 |
| Totals | 6,621 | 6,609 | 496 |

selectman who was defeated by Mr. Finegold. Selectmen Chairman James Barenboim said Mr. Wesson came in second to Mr. Finegold, and Mr. Wesson has been a selectman so he knows the board's procedures. "I think it's the best and fairest way to go," said Mr. Barenboim.

Andover split

Both campaigns knew the race was over once the quickly posted Andover results showed a nearly even race.

The Fox campaign believed it needed to be up by 1,000 votes in Andover to have a chance at winning. The Finegold campaign was hoping to break even here.

While Lawrence is considered to be chock full of Democrats, the majority of Andover voters are unenrolled in either of the major parties. There are 9,454 unenrolled Andover voters, 5,380 Democrats, 4,237 Republicans and 33 people involved with other parties.

Joe Fox, one of Mr. Fox's sons, said his father wanted to thank those who had been involved in his "grass roots" campaign.

Andover votes Democratic - barely

By Don Staruk

In unofficial totals early Wednesday, Andover voters leaned toward Democratic candidates in Tuesday's elections, but not heavily, especially considering there are about 1,000 more Democrats registered in town than Republicans. And ultimately, all the Democrats on the ballot here won their races.

Andover voters favored Democrats Bill Clinton over Bob Dole (7,830/6,550) for president; Barry Finegold over James Fox (6,565/6,552) for state representative; Patricia Dowling over Kevin Leach (8,153/5,537) for Governor's Council; and Timothy Bassett over George Mazareas (6,886/6,080) for county treasurer.

The only Republicans who took a majority in town were Bill Weld over John Kerry (8,988/6,410) for U.S. Senate; and Jane Brady Stirgwort over Pamela Casey O'Brien (6,857/6,609) for register of probate. Both ultimately lost their races.

Democratic Congressman Marty Meehan, State Senator John D.



Photo by Lisa Adelsberger

Faithful supporters spent hours on weekends and also Tuesday, holding their candidates' signs.

O'Brien Jr. and 18th Middlesex State Rep. Ed LeLachur were all unopposed in their bids for re-election. And Marguerite Kane and John V. O'Brien,

"I thought that kind of campaign could work in Andover. Obviously, campaigning is still a big business," said Jim Fox.

Jim Fox said that while the Dalton family and, toward the end of the race, Gary Coon, were very supportive, other Republicans, such as the Lawrence mayor, did not step up to the plate.

"The Democrats are much better organized," said Mr. Fox. "I think my ads were better. I think my issues were better. But that's not enough to win an election, simple as that."

"I would not have run a different campaign. I would not have spent any more money."

Mr. Finegold gave a lot of credit to his campaign team and supporters in his victory speech and in interviews.

"The name Finegold was on the ballot," he said, but "it really was team Finegold on the ballot today."

Precinct 5

Although Andover's Precinct 5 is the only Andover precinct Mr. Finegold will not represent, it was also the only precinct mentioned by both candidates after the results were posted.

Mr. Fox suggested the Republican-heavy district had been gerrymandered out of the 17th Essex District to make it easier for Democrats to be elected. Precinct 5 is now a part of the 18th Middlesex District where Democrat Edward LeLachur ran unopposed.

Mr. Finegold promised he would not ignore people from that area of town.

"As for Precinct 5, I want people to know that I consider myself representing the whole town, including Precinct 5," he said.

both Democrats, were the only names on the ballot for two county commissioner seats. They received 8,958 and 6,052 votes respectively in Andover.

Strong turnout

Andover has 19,104 registered voters: 5,380 Democrats; 4,237 Republicans; 9,454 unenrolled; and 33 third-party voters. Of the total, 15,799 (82.7 percent), cast ballots Tuesday.

Ballot question

On the sole ballot question, 9,921 Andover residents voted in favor of banning leg-hold traps for some animals, while 4,973 voted against the measure. The measure also passed by a large margin across the state.

Percentages

Ross Perot garnered 1,078 Andover votes for president, 6.8 percent of the total. President Clinton received 49.6 percent vs. Mr. Dole's 41.5 percent.

Gov. Weld's advantage was 56.9 percent vs. Sen. Kerry's 40.6 percent.

Barry Finegold's slim margin was 41.55 percent vs. 41.47 percent in Andover.

Townsmen EDITORIALS

Winner, New England Press Association's Editorial Page Awards 1993, 1995 • Horace Greeley Award for Community Service

Light up your downtown for the holidays

Andover's downtown is the heart of the community. It's a place where we hope people want to be, to shop, to meet their friends, to study at Memorial Hall Library, to walk and browse.

This holiday season Andover's downtown Main Street lights will be lit, thanks to a group of community-spirited business people and thanks to you.

If you'll turn to pages 8 and 9 you'll see the Andover Center Association and the *Townsmen* are asking residents to join in lighting Andover's trees for the season. For a while it looked as if the downtown lights wouldn't be lit; now they will. Every bit will help pay for the lights and work involved in electrifying them, even part of a 10-year-old's allowance.

So, be part of the group that's lighting Andover's downtown this season and present the *Townsmen* with a problem: How to get that many names into the page each week with the tree. Clip out the coupon on page 9 and send it to the *Townsmen*. That way we'll know whose name to add to the tree each week. Thank you for your part in supporting a healthy and spirited community.

Community Spirit Award

The *Townsmen* is looking for nominations for its Community Spirit Award, to be given at the first of the year to an organization or individual who has done something extraordinary for the town or for individuals in town. The newspaper asks groups or individuals to nominate people or organizations for the award. A panel of five community people will make the award decision.

Norma Gammon, chairwoman of the 350th Committee, was last year's winner.

Please write the nomination in one page or less. Include your name and phone number.

Nominations are due Thursday, Dec. 5. Questions? Call Editor Perry Colmore at 508-475-1943. If you would like to fax your nomination, send it to 508-470-2819. If you'd like to e-mail it, send to Townsmen@aol.com; or send it to Community Spirit Award, Andover Townsman, 33 Chestnut St., Andover MA 01810.



Photo by Lisa Adelsberger

The Andover Community Child Care's kindergarten visited the office of the *Andover Townsman* recently. They learned all about newspapers. In fact, they learned so much they went back to school and put out their own newspaper, *The Bat Newspaper*. (They've been studying bats.) In no particular order, the students are Neil Brewer, Sarah Christ, Alexandra Hsu, Zachary Frish, Daniel Gusovsky, Daniel Eisenberg, Bradley Saxton, Andrew Linton, Ricky Shannon, Colin Champagne, Meredith Bernstein and Jenny Lee. Teachers are Terry Kuhlmann and Shanna Lynch; one parent, Joan Linton, attended. Also in the photo is *Townsmen* Editor Perry Colmore.

Honoring those not listed on the Wall

By Diane Butler

On Veterans Day this month, an In Memory Ceremony will be held on the East Knoll near the Wall in Washington, D.C. Sponsored by the Friends of the Vietnam Veterans Memorial, this 8 a.m. ceremony serves to honor nominated persons who served in the Vietnam War, either in the military or as civilians and who died as a result of this service but were not listed on the Wall of the Vietnam Veterans Memorial. Fifty-three new names will be added to the Honor Roll on Nov. 11. The traditional Veterans Day Observance will be held at 1 p.m. at the Wall.

My first experience with the Friends of the Vietnam Veterans Memorial (FVVM) was on Memorial Day this spring when I went to Washington to participate in a similar In Memory Ceremony. Twenty years ago my brother took his own life. He was 25 years old, two and a half years from being discharged from the United States Army and five years from having served in Vietnam as a ranger and squadron leader. Neither his surviving brother nor myself had been able to go to his military funeral in Glenallen, Alaska. My hope in attending this service with others who had lost family members or friends was to celebrate the sacrifice

of those lives and bring a sense of closure and healing in my own. The addition of my brother's name to the In Memory Honor Roll would ensure he be remembered as a casualty of the Vietnam War as much as those who are listed on the Wall.

GUEST COLUMN

The FVVM was established 10 years ago by its current president, Ira J. Hamburg, and a group of fellow volunteers who served at the Wall. In his newsletter essay he writes that they began to realize a great number

of the visitors seemed to have a need not addressed by the physical Wall Memorial or the Park Service attending it. They wanted to share, to talk with the family of a slain buddy or gather some details from a veteran who had served with their loved one. In establishing the mission for the organization, they decided to provide assistance to those who needed it without political position or fee for services.

Supported by contributions from those who use the service, some private funding and volunteers, they have a number of programs including:

In Memory Ceremonies: Memorial Day and Veterans Day where the placing of specially designed certificates at the Wall honor those who died as a result of their service in Vietnam.

In Touch: Helps to put families, friends and fellow veterans of those

(Continued on page 31)

LETTERS

Disappointed assisted-living zoning bylaw failed at town meeting

Editor, *Townsmen*:

I'm writing this letter to publicly [say I believe that] the Planning Board did a wonderful job writing the zoning regulations for assisted living facilities.

I'm sure the board members were disappointed when the regulations failed to pass at the Special Town Meeting last month. I know I was.

I hope we will see these fine regulations proposed again at some future town meeting. Perhaps we, as a town, will have an easier time approving them when we're not under so much time-pressure from a prospective developer.

However, I fear it will be easy for Andover to end up with a developer who is inferior to Marriott.

My grandfather is fortunate enough to live in a Marriott-developed assisted living facility in Haverford, Pa. I can report that the facility was developed so it fits in with the town. It is attractive and well-maintained, and does not generate much traffic or other problems for the town. It does generate tax revenue, by the way.

Many of the residents of my grandfather's facility had distinguished careers - their library has a six-foot shelf full of books written by residents.

Everyone I've met - residents, the director, the staff - are wonderful people, and Haverford is happy to have them. My point is that attracting a fine assisted-living facility to Andover, under the Planning Board's regulations, will be a good thing in every way for the town. Planning Board, please don't give up!

Oliver Jones
124 Rattlesnake Hill Road

Wants update on Rec Park tennis courts

Editor, *Townsmen*:

Reginald S. Stapczynski

Town Manager

Dear Mr. Stapczynski:

Almost four weeks ago I visited the Recreation Park tennis courts to see

Those not listed on the Wall

(Continued from page 30)

whose names are inscribed on the Wall in touch with each other.

In Honor: Makes it possible to have a flag flown on the grounds of the Memorial in honor of an individual who served.

Name Rubbing: A copy of the name inscribed on the Wall is done for those who cannot travel to Washington.

The Rose Project: Places roses with personal messages at the Wall for Father's Day or special anniversaries.

A newsletter serves to keep anyone

what progress had been made. I found the base coat had been installed, the pot holes laid, but nothing else.

Recently, I again visited it and found it in the same situation, nothing further had been done. Can you tell me why this is so? It seems to me that even if a week were necessary for curing, why couldn't the final coats have been applied, the lines painted and the nets in place by now?

It seems to me that somehow Andover seems to have too many fiascoes occurring, as witness the basketball courts foul-up at the West Middle School, and even way back in 1969, the building committee at that time fouled up then in having the eight courts installed in the wrong direction despite competent advice as to the correct orientation.

It was my understanding that you handled the bids for the Rec Park courts and therefore, you should be in position to explain to the townspeople the reason for this seemingly unnecessary delay.

Your early reply would be appreciated.

Joseph C. Sweeney Sr.
19 Cuba St.

Questioning the town's growth policy

Editor, *Townsmen*:

Currently, Andover's growth policy is driven by the amount of money needed to maintain and expand the budget, as opposed to sound fiscal planning. A selectman confirmed this at a recent meeting by making the statement, "We need all the growth we can get to supplement the budget."

Ironically, most of the new growth revenues are being used for employees' compensation, while supplies, equipment, buildings and maintenance of the infrastructure are being ignored. To add insult to injury, those who gain the most from new growth are responsible for conducting the studies which are suppose to determine if we have a growth problem. Andover citizens need to insist upon a meaningful growth policy which can be managed within existing available school space, town services, infrastructure, but most importantly, result in a reasonable and affordable tax rate. As consumers we

who has been helped by the organization or supports its mission informed. Volunteers are needed and welcome. For information write: Friends of the Vietnam Veterans Memorial, 2030 Clarendon Blvd., Suite 412, Arlington, Va.; 2201 1-800-FVVMWAL (703) 525-1107.

Diane Butler, of 2 Chadwick Circle, teaches photography at the Senior Center. She also gives slide lectures on gardens and photography in various places. She has lived in Andover 16 years.

control where, when and how we spend our money. This is a powerful tool, and when properly used, can send an unmistakable message to our elected and appointed public officials.

It is obvious after the April Town Meeting and the October Special Town Meeting. The selectmen, town manager, director of planning, director of DPW, Planning Board and certain members of the Finance Committee are not convinced we have a growth problem. Maybe it's time to replace them with competent people who can manage this town at or below the rate of inflation, without the notion that taxpayers are an unlimited resource.

Maintenance and replacement of existing water and sewer lines must take priority over the extension of additional infrastructure to accommodate new development. We must stop increasing the staff in the Department of Community and Development, because in comparison to other communities, this department is disproportionately over-staffed. The last thing we want to do is to facilitate more growth at the expense, and against the wishes, of the majority of Andover taxpayers.

Is the Planning Board or the Finance Committee working in the best interest of Andover citizens? Are they accountable to anyone? Would Andover be better served by electing the Planning Board and the Finance Committee? Why not start off with a level-funded budget. Anything above and beyond the level-funded budget shall be approved by a Proposition 2½ override. This will eliminate taxation without representation by turning over control for increased spending and higher taxes to the majority of citizens not the special interests.

Public policy and major decisions affecting the lives of taxpayers should be conducted in public, not at the Lanam Club, over the phone or behind close doors.

Why don't we have quarterly revenue and expense reports from each department head made public at selectmen meetings, to avoid crisis management, which is very common in Andover.

Recently, a member of the Finance Committee said, "The public would be outraged if they saw these contracts."

Why aren't contract settlements made public in their entirety and made subject to final approval by the taxpayers who ultimately must pay the bill?

Are we going to continue to be complacent and compliant, resigning ourselves to unlimited growth, higher taxes, and a bigger, but not necessarily better or more efficient government, or are we going to demand the current policy be changed to one of slow growth, lower taxes, sound management, fiscal sanity and a limited, less intrusive government that honors and respects the rights of its citizens and the democratic process.

We must never give up the good fight to preserve open space, a clean environment, a better quality of life,

and the charm of a New England town for our children and grandchildren. Because the alternative is unmanaged growth by greedy, narrow-minded, self-serving special interests.

Dennis A. Teves
8 Mohawk Road

Lots of questions

Editor, *Townsmen*:

The walk sign that I wrote about recently is fixed.

In fact, it was fixed two working days after the letter appeared.

For a short time the large sign indicating the ramp to Route 125 from Route 28 south was down. But now it is as good as new. Praise is due for a job well done.

How come Memorial Library has a text only Web browser? If they need equipment (like maybe an X-terminal) perhaps we can get it donated.

With Net day just around the corner, this seems a good time to ask.

For that matter, where is the Tribune's web site?

John R. Weiss
30 High St.

Sings the praises of Bill Fahey

Editor, *Townsmen*:

I wonder how many people realize how fortunate the town is to have Bill Fahey heading up the Youth Services program. He is totally committed to ensuring that teens have opportunities to have the kinds of activities that they want in a safe, supervised environment. Bill devotes an enormous amount of time and energy to Andover teens and has developed a trust with them that is admirable.

I would personally like to thank Bill and his terrific assistants, Gler. Wilson and Michelle Crispo, for their help in running and supervising a recent event that turned out really well - thanks to their efforts.

Joan Pearson
12 Sheridan Road

Says Townsman is a good neighbor

Editor, *Townsmen*:

[Townsman reporter] Don Staruk recently spoke to Mrs. Pinkowski's fifth grade class as part of its preparation for helping to run the Bancroft School mock election. He was affable and informative, discussing with students the importance of the media in politics and the difference between fact and opinion. The students had many questions about the paper and about the job of a reporter. (Look out, in a few years you may be inundated with interns!) Thanks to Mr. Staruk and to the Townsman!

Mary Oates Johnson
124 Chestnut St.
Bancroft parent

NEWS FOR SENIORS

Holiday Fair

The Senior Center would like to extend its thanks to all who worked so hard to make last weekend's holiday fair such a success. It acknowledges the support of the senior and staff volunteers, everyone who contributed to the bake table, the arts and crafts people who worked for months getting a great selection of crafts ready and those who contributed hand-crafted items. Thanks also to community supporters Dunkin' Donuts, Loosi-

gian Farms and Andover Herb Society.

Oil painting

The Tuesday morning oil painting class has openings for seniors or non-seniors. Call the center for information.

Housing forum

Jean Moltenbrey from the Executive Office of Elder Affairs and Kimberly Arms from Merrimack Valley Elder Services will

present an unbiased and informative presentation on senior housing options tomorrow at 9:30 a.m.

Creative cooking

The creative cooking class will take place Wednesday, Nov. 13, at 9:30 a.m. Cost is \$4 per person. Call to register.

Addison Gallery

The Senior Center will present two joint programs with the Addison Gallery. The gallery will present a slide show and lecture Thursday, Nov. 14, at the Senior Center at 9:15 a.m. Cost is \$1 per person. Preregistration is necessary and limited. A tour of the

permanent collection at the gallery will take place Thursday, Nov. 21, at 10 a.m. Again, preregistration is necessary and attendance

(Continued on page 34)

SENIOR MENUS

Monday: Veterans Day. No lunch.

Tuesday: Sirloin strip steak, gravy, mashed potatoes, sauteed zucchini and tomatoes, pears.

Wednesday: Braised pork loin, hot applesauce, potato wedges, broccoli, brownie.

Thursday: Chicken breast, stuffing, gravy, rice, peas,

orange.

Friday: Shrimp poppers, potato puffs, coleslaw, fruit cup.

For reservations, call 623-8321 before 2 p.m. on business day before lunch you plan to attend. The Senior Center will serve fried chicken **Monday, Nov. 18,** and roast sirloin of beef **Tuesday, Nov. 19.**

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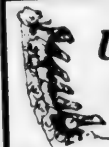
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P.S. Massage therapy may be used as an adjunct to sports chiropractic.



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Theresa Manzi Amore

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Theresa Manzi Amore, owner of **Amore Hearing Aid Consultants**, has assisted people with hearing loss for 40 years. Three years ago, after working for years in Lawrence and Haverhill, she added an Andover office to her business. It is located right off Main Street at 11 Chestnut, a central location that has plenty of parking.

Getting a hearing aid is much more involved than simply buying an aid and wearing it, Mrs. Amore said.

"You are not just buying an aid," she explained. "You are buying hearing. The most important thing is service."

Her patients can expect to have their ears checked, a hearing test and a complete analysis of their specific hearing loss.

Amore makes an impression of their ear and sends it, along with a prescription, to a hearing aid manufacturer who can best meet a patient's needs. But service does not stop there. After the hearing aid is fitted, Mrs. Amore sees patients every other week for a period to assess whether the hearing aid needs adjustment or a new one needs to be prescribed.

Mrs. Amore said she has dealt with every kind of hearing loss in her many years' experience, so a patient can be assured of getting precisely the hearing aid needed. Over the years, she has seen hearing aids evolve from cumbersome equipment that included two heavy batteries and a transmitter the patient had to wear to the modern bean-sized units that fit right in a patient's ear canal.

Years ago, she added, she had many patients who were children born with hearing loss because their mothers had contracted rubella. Many of those children are now grown and still rely on her for hearing aids. Nowadays, she said, she has few children patients because rubella is a thing of the past.

Amore Hearing Aid Consultants is open 9 a.m. to 5 p.m., Monday through Friday. The Haverhill office is open on Saturdays. All forms of insurance are accepted.

Amore Hearing Aid Consultants, 11 Chestnut St., Andover, phone: 470-4500. Also at 101 Amesbury St. Rm 108, Lawrence, Phone: 682-4730 and 3 Washington St. Rm. 210, Haverhill phone: 508-372-4851
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NEWS FOR SENIORS

(Continued from page 32)
is limited.

Flu shots

A make-up flu clinic will be held Thursday, Nov. 14, at the center from 1 to 3 p.m.

Movie matinee

The movie "Home for the Holidays" will be shown Monday, Nov. 18, at 12:30 p.m. There is no charge.

Glucose screening

A glucose screening will be held at the center Wednesday, Nov. 20, from 8 to 10 a.m. by appointment only. Fasting is required. Light refreshment will be available after testing.

Thanksgiving breakfast

A pre-Thanksgiving breakfast seminar will be held Friday, Nov. 22, at 9:30 a.m. The Rev. Dr. Joyce Gray will speak on "Harvesting Your Gifts." Breakfast

will include scrambled eggs, bagels, muffins, cereal, juice, coffee and tea. Tickets are \$3 per person along with a donation of a non-perishable food item.

Time capsule

Thanks to the efforts of some seniors, the center has quite a varied and interesting list of ideas for its time capsule contribution. Check out the list at the center. Any senior who has any of the items listed is encouraged to drop them off to be transported to the library for display.

Thank you

Thank you to the students from Andover High School who provided a wonderful Halloween party last week.

Reminder

The Senior Center will be closed Monday, Nov. 11, in observance of Veterans Day.

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Andover High School building project is low on funds - again

(Continued from page 10)

available, he gets nervous. He's not confident the funds are there."

No smoke detectors

One error that may impact the contingency budget is that the architects did not include smoke detectors in some of their drawings for renovated areas. As a result, it will cost the town extra to have the contractor install the detectors.

Several rooms on the bottom floor, north of the cafeteria, were finished in mid-October but could not be used by students

because smoke detectors were not included in the drawings.

Dave Patrick said, "There's a lot of other areas under renovation that are going to have those problems."

Plenty of rock

Another potential money drain is that workers discovered additional ledge in what will be a courtyard area in front of the cafeteria.

Mr. Patrick said his employees are still working there and they expect it to cost around \$30,000. That \$30,000 will come out of the contingency fund, he said.

Meehan recognized by LCV

Fifth District Rep. Marty Meehan, D-Mass., has been recognized by the League of Conservation Voters (LCV) for his pro-environment voting record in Congress for the fourth consecutive year. This year, Mr. Meehan received a perfect 100 percent rating from the environmental advocacy organization for his votes cast in the House of Representatives on 13 bills. Coupled with his 92 percent rating in 1995, Rep. Meehan earned a 96 percent rating for the 104th Congress from the LCV.

"I reject the Republican slash-and-burn approach to the environment and instead favor more sensible solutions," Rep. Meehan said.

"I support balanced Superfund reform, strengthened efforts to clean our nation's waters, and expanded right-to-know provisions to inform citizens of toxic releases in their communities."

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SPORTS

Golden Warriors pound out win over Chelmsford, 31-10

FOOTBALL

By Rick Harrison

Quarterback Brian Tisbert and halfback Ryan Games were the catalysts as the Andover High football team took out five weeks of frustration on Chelmsford with a resounding 31-10 Merrimack Valley Conference romp over the host Lions last weekend at Simonian Stadium.

Tisbert enjoyed the most productive night of his four-year high school career, scoring three touchdowns on runs of 19, 11 and seven yards, booting a 28-yard field goal and splitting the uprights with three conversion kicks to account for 24 of the Golden Warriors' points.

He also combined with Games on a 62-yard catch-and-run TD pass, his first touchdown toss of the season, and threw in a 35-yard punt return to set up the field goal.

Games had almost 200 all-purpose yards as he added 129 yards rushing on 14 carries to the 62-yard scoring reception.

The lopsided triumph over struggling Chelmsford, a former MVC heavyweight which fell to 1-6 overall, ended both victory and scoring droughts for Andover.

After rolling up 34 points in the first half of a season-opening 34-7 non-league win over Keene, N.H., the Golden Warriors had lost five straight and scored only 20 points in those five games.

Coach Ken Maglio's crew boosted its overall record to 2-5, chalked up its first league victory in six decisions, and kept alive its hopes for a .500 season with three games left.

Andover has now beaten Chelmsford twice in a row, but the locals are still only 3-10-1 against the Lions in their last 14 head-to-head battles.

Tracking Tisbert

Tisbert's 24-point explosion more than doubled his season output, boosting his totals to six touchdowns, five conversion kicks, one conversion rush and one field goal for 46 points.

For his AHS career the talented signal-

caller/safety/place-kicker/punter/punt returner now has 17 touchdowns, 45 PAT kicks, two conversion rushes and five field goals for 166 points.

The TD pass was Tisbert's 12th over a three-year period.

Games' touchdown against Chelmsford boosted his point total to 18, and he has now rushed for close to 400 yards this fall.

Early deficit

The night did not get off to a promising start for the visitors, who fell behind 3-0 in the first quarter when Dom LoCapo booted a 24-yard field goal after a Chelmsford drive stalled deep in AHS territory.

However, the next 31 points belonged to Andover.

The Golden Warriors' defense buckled down and forced four Lions' turnovers, with two fumbles and a pair of pass interceptions.

The first touchdown came on a sustained 12-play, 68-yard march capped by an excellent 19 yard scramble around left end by Tisbert on an option play. Tisbert also toed the conversion for a lead (7-3) the winners would never relinquish.

Andover retained possession near midfield midway through the second period and, after a holding penalty, Tisbert pitched a swing pass to

ANDOVER SCORING

(7 games)

| PLAYER | TD | PA | PTS |
|-----------------|----|----|-----|
| Brian Tisbert * | 6 | 7 | 46 |
| Ryan Games | 3 | 0 | 18 |
| Jack Glazebrook | 1 | 0 | 6 |
| Craig Hartwell | 1 | 0 | 6 |
| Josh Murphy | 1 | 0 | 6 |
| Joe Maglio | 0 | 2 | 2 |
| Ben Gibson | 0 | 1 | 1 |

* kicked 1 field goal.

TD Passes: Brian Tisbert 1.

TD Receptions: Ryan Games 1.

Games who took off to complete the impressive 62-yard TD play. Again Tisbert booted the point-after.

Tisbert's 35-yard punt return put AHS back in business with less than one minute left in the half.

Faced with a fourth-and-6 inside the Chelmsford 15 yard line, the Golden Warriors opted for

the field goal and Tisbert drilled it through for a commanding 17-3 advantage at the half.

A fumble recovery by senior defensive end Jeff Scott halted the first Lions' thrust of the third period, setting in motion a seven-play, 68-yard march highlighted by the hard running of Games.

Tisbert eventually rambled 11 yards for the touchdown, and his PAT hiked the spread to 24-3 entering the final 10 minutes.

An interception by junior defensive back Joe Maglio set up the last AHS scoring drive, which covered 58 yards in eight plays during the fourth quarter.

Once again it was Tisbert for the six-pointer, from seven yards out, and this time Ben Gibson added the PAT kick for a prohibitive 31-3 lead.

With reserves in the game for both sides, Chelmsford scored its only touchdown in the closing minutes when back-up quarterback J.P. Desloges hooked up with Kevan Kivlan on a 66-yard catch-and-run touchdown play.

Tisbert added 34 net yards rushing to an AHS offense that finished with just over 250 yards.

Dracut tomorrow

The Golden Warriors' road to .500 will not be easy.

It starts with another away game tomorrow night at Dracut.

The Middies, idle last week after a 21-20 victory over Chelmsford two weekends ago, are also 2-5 overall with the other win a non-lea-guer against Lawrence (13-12).

The Middies' two major weapons are quarterback Tim Nutter and all-purpose back Wolcott "Junior" Richardson.

Nutter has been on fire the past two games, throwing for 244 yards in a 34-20 loss to Lowell and for 212 yards and three touchdowns in the come-from-behind victory against Chelmsford. Nutter hit 11-of-13 passes for 192 of those yards and all three TDs in the last two quarters versus the Lions.

Richardson, a threat to score every time he touches the ball, is Dracut's top scorer with 30 points. He is originally from Antigua and moved to the United States four years ago.

Andover has dominated the series with Dracut in recent years, going 10-0-1 in the last 11 games with five shutouts.

The final two games are Nov. 15 at North Andover (7 p.m.) and Thanksgiving morning (10 a.m.) against Central Catholic at Lovely Field.

North Andover is currently 8-0 atop the Cape Ann League and the undefeated Scarlet Knights, led by quarterback Alex Tarr, are fresh off a 35-8 victory over previously-unbeaten Wilmington.

Central Catholic is much better than its current 4-4 record and the Jekyll-Hyde Raiders, led by two-way back Nelson Ovalles and wide receiver-defensive back Brian Wozniak, defeated Lowell 22-7 last weekend.

AHS men's soccer team streak stopped at 13, in quarterfinal loss

MEN'S SOCCER

By Rick Harrison

The Andover High men's soccer team rode single goals by top gun Tim Smith and Matt Yost to a 2-0 victory over Malden in its MIAA Division 1 North Tournament opening round game against visiting Malden last Friday at Lovely Field.

Unfortunately the No. 7 seed Golden Warriors, Division 1 North finalists in 1994 and 1995, saw their season come to an end two days later with a 2-0 loss in last Sunday's quarterfinal round game against No. 2 seed Cambridge Rindge & Latin (15-2-1).

The triumph over the Golden Tornadoes stretched the AHS win streak through eight games and its undefeated skein through 13 contests (11-0-2), but the loss to CR&L broke both those strings.

Coach Dave Amundsen's squad also completed the 1996 regular season by posting victories over Lowell (2-1) and Haverhill (2-0) in a recent 20-hour span.

The Golden Warriors, who started the season with just one victory in their first six games, finished at 12-6-2 overall including 9-5-2 in the Merrimack Valley Conference for third place behind champion Tewksbury and Billerica.

The locals registered six shutouts in their final eight games, yielding only a penalty shot goal to Lowell over a span of more than 600

minutes before Cambridge netted its two goals.

"Our players did an excellent job turning the season around," said Amundsen. "We defeated some desperate teams down the stretch that were battling to qualify for the tournament."

AHS has qualified for the Eastern Mass. Division 1 North Tournament 15 times in the last 21 years.

Amundsen also collected his milestone 250th career victory during the campaign, and he will enter next season with 255 wins over 21 years.

All-Conference

Andover senior midfielder/striker and team Captain Tim Smith was among the 15 athletes chosen for the 1996 MVC All-Conference boys' soccer team.

Junior goalkeeper Phil Ayoub, senior forward and Captain Matt Yost and junior midfielder Jose Valdecasas were all selected first-team league All-Stars.

All four Golden Warriors participated in the annual MVC All-Star Game played at Lovely Field in Andover.

Scoring leaders

Tim Smith finished at the top of the Andover scoring heap with 14 goals and three assists for 17 points in 20 games.

Following in order were Jose Valdecasas (6-7-13), Matt Rogers (4-6-10), Matt Yost (4-5-9), Peter Ellis (2-5-7), Mike Monteiro (5-1-6) and

Ryan Boilard (5-0-5).

MIAA Tournament Andover 2 Malden 0

The Golden Warriors jumped ahead 1-0 just three minutes into the game when Tim Smith netted his 14th goal.

"We dodged a couple bullets before that, in the opening two minutes of play," said coach Amundsen. "Goalkeeper Phil Ayoub and our defense came up big on a couple scrambles in front of our net that could have been a lot more dangerous."

Smith took a through pass from Captain Matt Yost and tucked a hard blast under the Golden Tornadoes' keeper on Andover's first shot of the game.

Andover added the insurance goal against No. 10 seed Malden (9-7-3) at the 25:05 mark of the first half, Yost taking a perfect set-up pass from junior midfielder Rudy Wen.

"Rudy touched a free ball over the Malden defense and right onto Matt's foot for a 10-yard shot," said coach Amundsen.

That was more than the AHS defense needed, as the winners posted their sixth shutout in seven games.

In his first high school tournament game ever, junior keeper Ayoub made eight saves on the way to his sixth individual shutout and the team's seventh overall.

Also cited for strong play were junior mid-

fielder Matt Rogers, senior halfbacks Ryan Boilard and Peter Ellis, senior stopper Josh Hoerner, senior sweeper Shaun Connors and wing-defenders Rob Busby and Jeff Cutler.

Hoerner, who stepped in for Captain Roger Foltz (ill) on defense, and Cutler were mainly responsible for bottling up Malden's top scorer.

Andover finished with a 13-8 shots-on-goal edge.

Cambridge R&L 2 Andover 0

CR&L scored early in the game and midway through the second half to bring the Golden Warriors' season to an end at Danehy Park in Cambridge.

"It was a windy day and they handled it better than we did," said coach Amundsen. "Their first goal came when they were heading into the wind, and that was a big score."

"We had several good chances after that, with the wind at our back, but it became much more difficult in the second half when the wind was in our face."

"We played at their field, which is situated up high, so maybe they're used to the wind. I know if it had been calmer we'd have given them a better game," added Amundsen.

Matt Yost had the best scoring chance for Andover late in the game, but the CR&L goalkeeper made the stop.

The shots were even, 9-9, and AHS keeper

(Continued on page 38)

Tourney loss ends Lady Warriors' season

WOMEN'S SOCCER

By Rick Harrison

Dual County League runner-up Acton-Boxboro erupted for three goals in a 12-minute span early in the second half, and used them as a springboard to a 4-1 victory over the Andover High women's soccer team in last Friday's MIAA Division 1 North Tournament first-round game.

The loss in the single-elimination tourney brought the Lady Warriors' 1996 season to an abrupt end.

Coach Dick Loschi's squad, the Merrimack Valley Conference runner-up and proud owner of a 16-game undefeated streak between bookend 20 losses in the first and last games of the regular season, finished at 10-3-6 overall.

A-B's reward for beating Andover was a second round game against undefeated, top-seeded perennial powerhouse Winchester (17-0-1).

MIAA Tournament Acton-Boxboro 4 Andover 1

The No. 9 seed Lady Warriors, playing without injured sweepers Charlotte Muller and Barbara Contos, had not allowed more than two goals in any of 18 previous games and had battled to a 1-1 non-league regular season tie with the No. 8 seed Colonials (12-2-5) on Oct. 6.

"I thought we had a good chance against them coming into the game," said coach Loschi. "But Acton came out sky-high, all pumped up and aggressive. They were more physical and they played for the win harder than we did."

"We were back on our heels and we never really recovered. We put ourselves in a difficult position because some of our kids were nervous under the tournament pressure, and everyone wasn't playing with the same desire or intensity."

The rivals traded first-

half goals, with junior forward and All-Conference selection Sarah Muller netting her eighth of the season for Andover at 25:30.

Noelle Blank notched the assist with a right wing pass to Muller, who deposited a tough-angle shot perfectly into the far corner past A-B keeper Brooke Leclair.

Jessie Wilfert countered for the Colonials, who then broke it open with rapid-fire second-half goals by Nadia Jackson (4:07), Wilfert again (10:22) and Sarah Hunt (16:06).

Junior Julie Viola played the first 64 minutes in the AHS net and made eight saves, while sophomore Kaitlin Dargan worked the final 16 minutes and didn't allow a goal while turning aside four shots.

Coach Loschi lauded the play of freshman defender Amy Axelrod, senior defender Sarah Walker, junior midfielder Jessie Smith and freshman middle K.C. Dexter.

"We had a much better season than I expected," said coach Loschi. "Because we graduated so many players (16 seniors) last year, and returned only two starters, I didn't think we'd perform at such a high level. It turned out to be a lot of fun."

"It's a shame we had so many ties. They cost us a share of the league title and a higher seed in the tournament. Chalk it up to youth."

"With some added leadership and experience next season we're expecting more positive results."

Andover will graduate eight seniors from this year's team, including Captains Jen Murnane and Michelle Crispo, Noelle Blank, Stephanie Banos, Kolleen Cronin, Catherine Ostrofsky, Beth Murphy and Sarah

ANDOVER SCORING

(19 games/Final stats)

| PLAYER | G | A | PTS |
|---------------------|---|---|-----|
| Sarah Muller | 8 | 7 | 15 |
| Noelle Blank | 9 | 5 | 14 |
| Jessie Smith | 6 | 5 | 11 |
| Jen Murnane | 6 | 2 | 8 |
| Stephanie Banos | 4 | 3 | 7 |
| K.C. Dexter | 2 | 3 | 5 |
| Kristi Keller | 3 | 1 | 4 |
| Megan Munroe | 1 | 3 | 4 |
| Katie Sullivan | 2 | 0 | 2 |
| Catherine Ostrofsky | 1 | 1 | 2 |
| Amy Axelrod | 1 | 0 | 1 |
| Carey Levine | 1 | 0 | 1 |
| Charlotte Muller | 1 | 0 | 1 |
| Viki Pierce | 1 | 0 | 1 |
| Erin Baggeroer | 0 | 1 | 1 |
| Barbara Contos | 0 | 1 | 1 |
| Michelle Crispo | 0 | 1 | 1 |
| Kolleen Cronin | 0 | 1 | 1 |
| Kristen Foley | 0 | 1 | 1 |
| Beth Har | 0 | 1 | 1 |
| Meghan Roth | 0 | 1 | 1 |

Shutouts (9): Julie Viola 4, Kaitlin Dargan 2, Viola and Dargan combined 3.

Walker.

Ten juniors, two sophomores and three freshmen with varsity experience will be eligi-

ble to return.

Coach Loschi finishes the season with a 166-44-29 career won-lost-tied record.



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Dear Little League Parents,

Little League Registration for the Spring 1997 Season will take place at the West Middle School on the following dates and at the following times:

| | |
|-----------|--|
| Tuesday, | November 12 from 6:30 p.m. to 8:30 p.m. |
| Thursday, | November 14 from 6:30 p.m. to 8:30 p.m. |
| Saturday, | November 16 from 9:00 a.m. to 11:45 p.m. |

Registration will take place in the cafeteria.

If this is your child's first year in Little League, please have available a copy of your son's or daughter's birth certificate.

We have continued to choose three dates this year in order to make registration as convenient as possible. Because so much of the organization of the programs occurs in November and December, registrations received after November 16 will be assessed a \$15.00 late fee. Registrations received after January 1, 1997 will be placed on a waiting list.

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AHS men's soccer

(Continued from page 36)

Phil Ayoub finished with seven saves.

Also playing well were Tim Smith, midfielder Matt Rogers, Rudy Wen, Peter Ellis with several nice crossing passes, and sweeper Shaun Connors.

Defender Roger Foltz missed his second straight game because of illness, and Wen stepped in for Jeff Cutler at defender after Cutler was kicked in the knee and couldn't continue.

It was only the third time in 20 games that Andover was shut out, and the first time since Central Catholic did it on Sept. 25.

Andover graduates 12 seniors from this team including Tim Smith, Matt Yost, Roger Foltz, Josh Hoerner, Shaun Connors, Peter Ellis, Ryan Boilard, Rob Busby and Matt Wessler.

REGULAR SEASON

Andover 2 Lowell 1

Tim Smith scored the winning goal with just 90 seconds to play in the game, snapping a 1-1 tie by depositing the rebound of a shot Peter Ellis placed on Lowell goalkeeper Brian Monaghan with a

back-to-the-net, over-the-head bicycle kick.

Chris Burns broke Andover's lengthy shutout string, spanning more than four full games, when he netted a penalty kick midway through the first half to put the Red Raiders ahead, 1-0.

Matt Yost tied it with three minutes left in the first half, Ellis drawing the assist on that goal as well.

"This was a matter of persistence on both Peter and Matt's part," said coach Amundsen. "They kept the ball in the dangerous area and never gave up or stopped hustling until it was in the

net."

Golden Warriors' keeper Phil Ayoub played a brilliant game, making 13 saves including two on clean Lowell breakaways.

"Lowell is very fast and they have a lot of skilled players," said Amundsen. "They're much better than the record (5-10-2), but this loss knocked them out of tourna-

ANDOVER SCORING (20 games/Final stats)

| PLAYER | G | A | PTS |
|-----------------|----|---|-----|
| Tim Smith | 14 | 3 | 17 |
| Jose Valdecasas | 6 | 7 | 13 |
| Matt Rogers | 4 | 6 | 10 |
| Matt Yost | 4 | 5 | 9 |
| Peter Ellis | 2 | 5 | 7 |
| Mike Monteiro | 5 | 1 | 6 |
| Ryan Boilard | 5 | 0 | 5 |
| Rob Busby | 1 | 2 | 3 |
| Dave Sullivan | 1 | 2 | 3 |
| Rudy Wen | 1 | 1 | 2 |
| Justin LeCam | 0 | 2 | 2 |

Hat Tricks: Tim Smith 1.

Shutouts (7): Phil Ayoub 6, Rich Carlos 1.

ment consideration."

Midfielders Matt Rogers and Ryan Boilard played strong all-around games for Andover, which swept the season series after an earlier 5-2 win over Lowell on Oct. 1.

Andover 2 Haverhill 0

Returning to the field less than 24 hours after beating Lowell, the Golden Warriors scored once in each half and played tough defense at Lovely Field against a visiting Hillies' team that needed a victory to qualify for the tournament.

"It's very difficult to play back-to-back games on consecutive days," said coach Amundsen. "But we muddled through it against a much-improved Haverhill team with a lot at stake."

Matt Rogers scored both Andover goals, his third and fourth of the season, with the eventual game-winner

unassisted midway through the first half.

"Haverhill attempted to clear the ball out the area, but Matt intercepted and hit it back through a crowd of players," said coach Amundsen. "He was careful to keep the shot low on net and it slipped under their keeper."

The insurance goal at 10:17 of the second half came when Rogers re-directed Peter Ellis' long throw-in past the goalie with a header.

Phil Ayoub finished with six saves on the way to his fifth individual shutout and the team's sixth whitewash.

Also cited for outstanding play were senior midfielder Rob Busby, senior sweeper Shaun Connors, midfielders Matt Wessler, Ryan Boilard and Jose Valdecasas, forward Tim Smith and defender Jeff Cutler.

Andover also swept the season series with Haverhill, blanking the Hillies 1-0 the first time around on Oct. 14.

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Eagle Tribune Feaster Five Race facts

Here is a list of race information for the Eagle-Tribune Feaster Five:

When: Thursday, Nov. 28.

Where: Downtown Andover. The starting line is at the intersection of Routes 28 and 49. The finish line is at the parking lot inside Brickstone Square.

Entry fee: \$18 non-refundable; Kid's K, \$5.

Race distances: The Thanksgiving Day event will have three distances for racers and walkers: 5 miles, 5 kilometers (3.1 miles) and 1 kilometer (approximately 1/2 mile).

Pies: All finishers receive a homemade, old-fashioned apple pie in time for Thanksgiving dinner.

Long-sleeve Beefy T-shirts: The first 6,000 entrants, including those in the Kid's K, are guaranteed a long sleeve T-shirt.

Refreshments: Fruit, bagels and other traditional holiday treats will be available for all participants on race day for free.

Lazarus House: Proceeds from the race will go to Lazarus House in Lawrence, a shelter for the homeless, hungry and domestically abused. All money will help develop programs for battered women and children.

A sponsor and pledge sheet will be attached to every entry blank so participants can raise money (before the race) for Lazarus House.

Split times: Digital clocks will be placed at every mile for accurate split timing.

Results: A full set of results will be mailed to each entrant within two weeks following the race.

Old running shoes: Entrants are asked to bring old running shoes, to be donated to Lazarus House.

ESPN rebroadcast: The national all-sports cable station will replay highlights from the race on its Running And Racing show, hosted by former world class road racer Marty Liquori.

Race expo: Health and fitness exhibits

(Continued on page 42)

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From the left, NetWay staff - Christos Varitomos, Craig Nuttall, Kathy Greeley and Douglas Smith

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Swimmers enjoy their 1996 winning season

By Rick Harrison

Sophomore Caroline Crocker won the one-meter diving with yet another record-shattering performance, as the Andover High women's varsity swim and dive team placed fourth at the annual Merrimack Valley Conference Division 1 Championship Meet at Haverhill High.

Crocker was the lone first place finisher for the Lady Warriors, with her winning 226.30 score, breaking her own school record of 225.55 set earlier this season against Reading.

Andover also recently completed what is believed to be the winningest dual-meet season in its history, splitting a pair of Merrimack Valley Conference duals against Dracut and league champ Chelmsford.

Coach Marilyn Fitzgerald's squad stretched its dual-meet win streak to five straight with a 95-84 victory over the Middies in the home finale at the Greater Lawrence Vo-Tech pool, and then dropped a 110-76 decision to the Lions at the Greater Lowell YMCA pool.

That left the Lady Warriors at 8-3 overall, including 7-2 in the MVC where they placed third in the final standings to Chelmsford (9-0) and Haverhill (8-1).

The eight victories set a single-season school record.

AHS also registered recent victories over non-league Reading (101.5 to 81.5) and conference opponents Billerica (99-87) and Notre Dame Academy (104-81).

Andover will be well-represented at the annual North Sectional

Championships scheduled this Friday and Saturday at Regis College in Weston.

The State Championships will be hosted by Wellesley College on Saturday, Nov. 16.

MVC Championship Meet

Caroline Crocker's stellar performance on the one-meter board highlighted the day for Andover, which finished with 219 points to trail runaway champ Chelmsford (510), Haverhill (347) and Lowell (221).

Crocker was the only diver with more than 200 points and she beat her nearest competitor, Donna Drakoulakos of Lowell, by almost 30 points.

Second place finishers for AHS were junior Brenna O'Connor (200 yard freestyle, 2:04.47), and junior Jenna Blongiewicz in both the 100 free (55.97) and 100 backstroke (1:02.25).

Placing third were senior diver Nicole Carpentier (181.50 points) and Captain Meghan Donahue (100 butterfly, 1:07.09).

Earning fourths were O'Connor (200 IM, 2:25.28) and the 400 free relay team (4:03.85).

Andover did not have a fifth, while sixth places went to Donahue (500 free, 5:51.22) and the 200 medley relay quartet (2:04.47).

Placing seventh was freshman Alexis Casele (100 breaststroke, 1:19.50), while the lone eighth place finisher was sophomore diver Allison St. Jean (159.25 points).

Freshman diver Kristin Kearins placed ninth (155.45 points) along with junior Kalley Thomas (500 free, 5:59.79).

Junior Rebecca Parks finished

10th in the 50 free (28.12) and Lisa Jayne was 10th in the 100 backstroke (1:11.18).

Rounding out the scorers for the Lady Warriors in 12th place were Julie Ahern (50 free, 28.26) and Jayne (100 fly, 1:13.37).

REGULAR SEASON

Andover 95

Dracut 84

The locals placed first in 10 of the 12 events, including all three relays, on their way to victory No. 8.

Individual race winners were junior Jenna Blongiewicz (200 yard freestyle, 2:04.82), junior Brenna O'Connor (200 IM, 2:27.75), senior Captain Meghan Donahue (100 free, 1:00.07), freshman Alexis Casele (500 free, 6:03.10), Lisa Jayne (100 backstroke, 1:10.27) and senior Captain Caitlin Fitzpatrick (100 breaststroke, 1:22.28).

The victorious 200 medley relay team was comprised of freshman Greta Kaminski, Casele, Donahue and senior Julie Ahern (2:06.84).

Members of the winning 200 free relay quartet were Donahue, Ahern, O'Connor and Blongiewicz (1:51.53), while the first-place 400 free foursome included Casele, O'Connor, Donahue and Blongiewicz (4:06.97).

Caroline Crocker completed the list of winners, scoring 208.25 points in the one-meter diving to edge senior Nicole Carpentier (207.70 points).

Joining Carpentier as runners-up were Krissy O'Neil (200 free, 2:32.53), Fitzpatrick (200 IM, 2:42.13), Ahern (100 free, 1:04.81), freshman Katya Yerozolimsky (500 free, 6:15.94), senior Jen Paull (100 backstroke, 1:15.03) and senior Emma Nowinski (100 breaststroke, 1:28.37).

Individual third places were earned by Ahern (50 free, 28.19),

freshman Michelle Zaiter (100 butterfly, 1:17.69), sophomore Pam Muller (500 free, 6:42.75) and Parks (100 breaststroke, 1:29.19).

Two relay teams also finished third, the 200 free crew of O'Neil, sophomore Jackie Sawyer, sophomore Meghan Twohig and Parks (2:02.97) and the 400 free squad of junior Kalley Thomas, Muller, Paull and Jayne (4:37.62).

Fourth places went to senior Dana Sawyer (200 free, 2:42.63), Thomas (200 IM, 2:44.35) and Twohig (100 butterfly, 1:17.87).

Touching fifth were junior Jenny DiFiore (100 free, 1:11.22) and freshman Alison Munroe (100 backstroke, 1:26.18), while sixths went to sophomore Melissa Osborne (50 free, 34.25) and freshman diver Kristin Kearins (142.05 points).

Chelmsford 110 Andover 76

This being the final dual meet, coach Fitzgerald used most of her seniors and let them choose the events in which they wanted to compete.

The Lady Warriors nailed down four first places, the individual victories by Brenna O'Connor in the 200 freestyle (2:06.19), Jenna Blongiewicz in the 500 free (5:27.09) and one-meter diver Nicole Carpentier (196.85 points). Also placing first was the 200 free relay team of O'Connor, Meghan Donahue, Julie Ahern and Blongiewicz in a state meet qualifying personal-best time of 1:49.72.

Blongiewicz added a second in the 200 IM (2:19.00), O'Connor was second in the 100 free (57.96) and Donahue runner-up in the 100 butterfly (1:06.00).

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AHS golfers can't stop playing, it seems

GOLF

By Rick Harrison

Andover High junior All-Conference golfer Rob Oppenheim capped the 1996 season with a second-place finish in the annual Merrimack Valley Conference Individual Championships, held recently at Trull Brook Golf Club in Tewksbury.

Senior Pat Annese, the Golden Warriors' other representative in the exclusive 18-hole medal play competition, placed sixth in an 18-play field.

Oppenheim, who had a seemingly-comfortable three stroke lead and was one under par at the turn, finished with a one over 35-38-73.

He was edged out by fast-finishing Tim Cote of Methuen who was two under on the back side and shot even par 38-34-72.

It was strictly a two-way battle as third place finisher Todd Rigoli of Billerica fired a 42-38-80.

Annese, tied for third at the halfway point, finished at 39-43-82.

The competition brought together the top 18 golfers in the league, two from each of the nine member schools.

Oppenheim was fresh off a second place finish at the State Division 1 Individuals two days earlier at the Country Club of New England in Bellingham.

Oppenheim and Annese were instrumental in leading coach Bob Lawson's Andover team to an undefeated regular season (16-0), a third consecutive MVC championship, and second place in both the Division 1 North Sectional and State Division 1 Team Tournaments, held back-to-back last week.

Eagle Tribune Feaster Five Race facts

(Continued from page 40)

from some international running manufacturing companies will be at Brickstone Square Wednesday, Nov. 27, from 3 to 7 p.m.

Registration: Registration, number and long sleeve T-shirt pickup will be Monday, Nov. 25, and Tuesday Nov. 26, from 10 a.m. to 7 p.m., Wednesday Nov. 27, from noon to 7 p.m.; and Thursday, Nov. 28, from 7 to 8:15 a.m.

Awards: The top three in each age (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over) and gender category for the 5 mile and 5K races. Gifts will be given to all children participating in the Kid's K.

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Race host: Merrimack Valley Striders running club.

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Jim Pittman in front of a Woodhaven Drive home with newly installed vinyl siding

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Making good sounds from the basement

Front Street Blues Band is learning, writing and playing gigs

By Karen Silver

From the basement of 108 Lowell St. comes an explosion of sound in the form of rhythm and blues. The Front Street Blues Band is in the middle of a three-hour jam session.

Lead singer Greg Hoyt screams out the lyrics amid the banging drums of former Andover resident Larry Prestia, strumming guitars courtesy of Scott Rezendez and former Andover resident Andrew Schultz, and the boom of Nick Giannatti's base.

Mr. Prestia seized his passion for the drums when he was only 9 years old. He began collaborating with Mr. Schultz at 13. The two met while attending Andover schools and are now 28 years old. Their practice led them to many bands, projects, concerts and the jazz/marching band at Andover High School before they graduated from AHS in 1986.

They continued to write music together and have been the best of friends. Both attended Berklee College of Music - Mr. Schultz graduating in 1992 and Mr. Prestia in 1993 - and began looking for people to start an original group. They found Mr. Giannetti, collaborated with two of his friends, and went from there. They have been learning, writing and playing gigs ever since.

"We go out, we play, and people are going crazy," says Mr. Prestia. "The bottom line, we're having a lot of fun, and the audience is responding."

Mr. Prestia said the band plays "edgy blues." He also said members are persistent. They take part in a contest, called the Battle of the Bands, featuring three bands every Saturday night during the summer at Zoots in Billerica. The contest is sponsored by Zoots and Metronome Magazine, a Boston-based music magazine about the local music scene. The winners will get \$1,000, studio time and an article in the magazine when the current contest comes to a close in October. The band won a competition last summer.

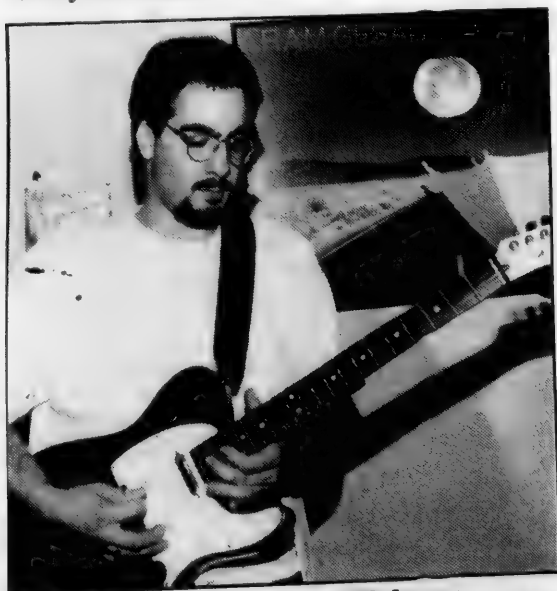
The Front Street Blues Band made a demo tape, self titled with one original song, in March, which they will soon release on their own.

In the meantime, locals can catch them at Zoots Nov. 9; and Nov. 16 at Harper's Ferry, plus their regular gig at The Usual in Lowell every six weeks.

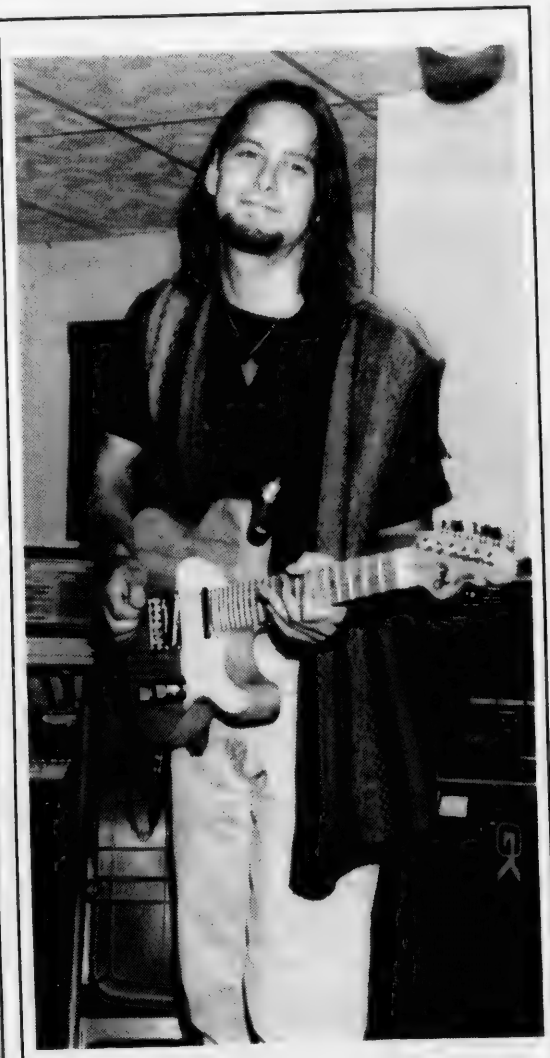


Photo by Lisa Adelsberger

Band members from left are Scott Rezendes of Woburn; Larry Prestia of Andover; Andrew Schulz in front, of Andover; Nick Biannotti of Billerica; Greg Hoyt of Billerica.



Scott Rezendes of Woburn



Andrew Schulz of Andover



Larry Prestia of Andover

Help light
up your
downtown
for the
holiday
season:

See pages
8 and 9

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT DEPARTMENT

Essex Division
Docket No. 93P 2572-A1
NOTICE OF FIDUCIARY'S
ACCOUNT

To all persons interested in the estate of PAUL A. SABIA, late of 19 Iron Gate Drive Andover, Ma Essex County 01810.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the first and final account of MICHELLE L. SABBIA as Administratrix - (the fiduciary) of said estate has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account, you or your attorney must file a written appearance in said Court at Salem on or before the second day of December, 1996, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said account. If you desire to object to any item of said account, you must in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. Rule 5.

Witness, EDWARD J. ROCKETT, Esquire, First Justice of said Court at Salem, this twenty-ninth day of October, 1996

Jane Brady Stirgwalt
Register of Probate
November 7, 1996

LEGAL NOTICES

TOWN OF ANDOVER BOARD OF HEALTH

NOTICE OF PHASE II - COMPREHENSIVE SITE ASSESSMENT SCOPE OF WORK MEETING Reichold Chemical, Inc. Site 77 Lowell Junction Road, Andover, MA DEP RELEASE TRACKING NUMBER: 3-0208

A Phase II - Comprehensive Site Assessment (CSA) Scope of Work has been prepared for the above site. Response Actions are being conducted at the site in accordance with the Massachusetts Contingency Plan, 310 CRM 40.0000. A public meeting will be held at the Andover Board of Health Meeting in the Second Floor Conference Room, Town Office, Bartlet Street, on Monday, November 18, 1996, at 7:00pm, to present the draft Phase II - CSA Scope of Work, and to provide an update on planning for remedial actions at the site. Copies of the draft Phase II - CSA Scope of Work will be made available at the public meeting.

Any questions regarding this meeting or the draft Phase II - CSA Scope of Work should be directed to:

| | |
|--|---|
| John D. Rendall, P.E., L.S.P. Project Manager CH2M HILL 50 Staniford St., 10th Floor Boston, MA 02114 (617) 523-2260 | John Oldham Project Manager Reichold Chemicals, Inc. P.O. Box 13582 Research Triangle Park, NC 27709-3582 1-800-448-3482, x2953 |
|--|---|

Public records and reports concerning this site and the release are available at the Department of Community Development & Planning, Health Division, Town Offices, Bartlet St., Andover, MA.

By: Douglas M. Dunbar, D.D.S.
Chairman

Andover Board of Health

November 7, 1996

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Enrique Matos and Eliader Matos to Arlington Trust Company, dated December 30, 1982, and recorded with Essex County (Northern District) Registry of Deeds in Book 1633, Page 247, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 12:00 Noon on the twenty-first (21st) day of November, A.D. 1996, upon the mortgaged premises (now known as and numbered 42 Tewksbury Street, Andover, MA), all and singular the premises described in said mortgage.

TO WIT:

The land in Andover, Essex County Massachusetts, together with the buildings thereon, being shown as lot No. 1 on a plan of land in Andover titled "Definitive Plan of Waterford Place, Subdivision Plan of land in Andover, Mass., of Pole Hill Drive" dated April 7, 1982, as prepared by Dana F. Perkins, Civil Engineers and Surveyors for T.D.J. Development Corp. as recorded in the Essex North District Registry of Deeds as plan No. 8906, more particularly bounded and described as follows:

| | |
|----------------------|--|
| Northeasterly | By Pole Hill Drive in four (4) courses, 42.42', 73.92' 111.69' and 43.44'; |
| Southeasterly | By Lot 2 as shown on said plan 152.34'; |
| Westerly | By land now or formerly of Heller 178.61' |

Being the same premises conveyed to us by deed of Anastasios Kalogianis dated December 30, 1982, and recorded herewith.

TERMS OF SALE:

Said premises will be sold subject to any and all unpaid taxes, tax titles, and municipal assessments and liens, to outstanding water and/or sewer charges, to covenants, easements, restrictions, rights, reservations, conditions and/or other enforceable encumbrances of record created prior to the mortgage, and to all tenancies and/or rights of parties in possession, if any of the aforesaid there be. Five Thousand (\$5,000.00) Dollars in cash or by certified, bank cashier's or bank treasurer's check will be required to be paid or delivered to the Holder by the purchaser as a deposit at the time and place of sale. The balance of the purchase price shall be paid in cash or by certified, bank cashier's or bank treasurer's check in thirty (30) days from

the date of the sale at the Law Offices of James O. Peterson, Suite 306, River Place, 57 River Street, Wellesley, MA 02181, attorneys for the Mortgagee, upon delivery of the deed.

Other terms, if any, to be announced at the sale.

**FLEET NATIONAL BANK, successor to
Fleet National Bank of
Massachusetts, formerly
known as Shawmut Bank, N.A.,
successor by merger to Shawmut
Arlington Trust Company, formerly
known as Arlington Trust Company,
Present Holder of said Mortgage,
By: William R. Buege,
Vice President**

Attorneys for Mortgagee:
LAW OFFICES OF JAMES O. PETERSON
Suite 306
River Place
57 River Street
Wellesley, MA 02181
(617) 431-0555
October 24, 31 & November 7, 1996

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Joseph M. Steele, Phyllis C. Perkins, and Leslee E. Steele to Comfed Savings Bank, dated October 30 1987 and recorded with the Essex County (Northern District) Registry of Deeds at Book 2619, Page 274, of which mortgage Federal National Mortgage Association is the present holder by assignment, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 4:00 p.m. on November 27, 1996, on the mortgaged premises located at 33 Corbett Street a/k/a 33 Corbett Road, Andover, Essex County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

The land in said Andover with all the buildings thereon, being the major portion of lot numbered 5A on a "plan of Land in Andover, Mass., as subdivided for George Cairns, March, 1950; Ralph B. Brasseur, C.E." recorded in North Essex Registry of Deeds as Plan No. 2196. Said lot is more particularly bounded and described as follows:

| | |
|------------------|--|
| Northerly | one hundred twenty (120) feet by land taken by the Commonwealth of Massachusetts by deed dated December 27, 1960, recorded in said Registry, Book 929, Page 334. |
| Easterly | one hundred eleven (111) feet, more or less, by lot numbered 5B, as shown on said plan; |
| Southerly | by Corbett Road by two courses, one of sixty-seven and one-half (67 1/2) feet, and the other, forty-four and eight tenths (44.8) feet, both more or less, as shown on said plan; and |
| Westerly | one hundred nine and 3/10 (109.3) feet, more or less, by lot numbered 5, as shown on said plan. |

For mortgagors' title see deed recorded with Essex County (Northern District) Registry of Deeds in Book 2619, Page 273.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens, or existing encumbrances of record, which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at the Law Offices of Mark P. Harmon, 27 Needham Street, P.O. Box 610389, Newton Highlands, Massachusetts 02161-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price.

Other terms, if any, to be announced at the sale.

**FEDERAL NATIONAL MORTGAGE
ASSOCIATION**
Present holder of said mortgage

By its Attorneys,
LAW OFFICES OF MARK P. HARMON
Joanne M. Zoto, Esquire
27 Needham Street
P.O. Box 610389
Newton Highlands, MA 02161-0389
(617) 244-7505

October 31, November 7 & 14, 1996

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT DEPARTMENT Essex Division Docket No. 95P 1849-GC1 NOTICE OF FIDUCIARY'S ACCOUNT

To all persons interested in the estate of EDNA HALL of 236 Andover Street, Andover, Ma, Essex County 01810, unable to make or communicate informed decisions due to physical incapacity or illness.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the first and final account of DANA POIRIER as Guardian (the fiduciary) of the property of said EDNA HALL has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account, you or your attorney must file a written appearance in said Court at Salem on or before the second day of December, 1996, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said account(s). If you desire to object to any item of said account(s), you must in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

Witness, EDWARD J. ROCKETT, Esquire, First Justice of said Court at Salem this twenty-ninth day of October, 1996.

Jane Brady Stirgwort
Register of Probate
November 7, 1996

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT DEPARTMENT Essex Division Docket No. 94P 1518-E1 NOTICE OF FIDUCIARY'S ACCOUNT

To all persons interested in the estate of CHARLES RICHARD YEATON, otherwise known as CHARLES YEATON, late of 166 Summer Street Andover, Ma Essex County 01810.

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the first and final account of RALPH R. JOYCE as Executor temporary and permanent (the fiduciary) under the will of said deceased has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account, you or your attorney must file a written appearance in

said Court at Salem on or before the twenty-fifth day of November, 1996, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said account. If you desire to object to any item of said account, you must in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. Rule 5.

Witness, EDWARD J. ROCKETT, Esquire, First Justice of said Court at Salem, this twenty-fourth day of October, 1996

Jane Brady Stirgwort
Register of Probate
November 7, 1996

TOWN OF ANDOVER



PUBLIC HEARING

The Board of Selectmen of the Town of Andover will hold a Public Hearing on Monday, November 18, 1996 at 7:30 P.M. in the Selectmen's Conference Room, Third Floor, Town Offices, for the purpose of classification and taxation of all property within the Town. Any interested taxpayer is invited to present oral or written comments.

**ANDOVER
BOARD OF SELECTMEN**
James M. Barenboim,
Chairman
November 7, 1996

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT 36 FEDERAL STREET SALEM, MA 01970 ESSEX DIVISION Docket No. 96P 2618-EP1 Estate of FRANCIS P. REILLY late of Andover in the County of Essex.

NOTICE
A petition has been presented in the above-captioned matter praying that a certain instrument be probated purporting to be the last will of said deceased by MARGARET A. REILLY of Andover in the County of Essex, praying that she be appointed executrix thereof, without giving a surety on her bond.

If you desire to object to the allowance of said petition, you or your attorney should file a written appearance in said Court at Salem on or before 10:00 in the forenoon on December 6, 1996.

In addition you should file a written statement of objections to the petition, giving specific grounds therefore, within thirty (30) days after the return day (or

such other time as the Court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

Witness, Edward J. Rockett, Esquire, First Justice of said Court at Salem, the thirteenth day of October in the year of our Lord one thousand nine hundred and ninety-six.

Jane Brady Stirgwort
Register of Probate
November 7, 1996

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT (SEAL) Case No. 232878

To Paul R. Goldman, Executor of Estate of Sylvia K. Goldman (a/k/a Sylvia Goldman), Carolyn Goldman, Judith Krugman, David Goldman, Ellen Kaplan, Brian Goldman, Jamie Kemp, Susan Hartenbaum, Paul R. Goldman, and to all persons entitled to the benefit of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended: Atlantic National Trust Limited Liability Company, as Assignee claiming to be the holder of a mortgage covering real property in Andover known as 8 Joyce Terrace, Andover, Massachusetts given by Sylvia K. Goldman to Guaranty-First Trust Company dated June 6, 1986 and recorded at Essex County (Northern District) Registry of Deeds in Book 2223, Page 152 has filed with said court a complaint for authority to foreclose said mortgage in the manner following: by entry and possession and exercise of power of sale.

If you are entitled to the benefits of the Soldiers' and Sailors' Civil Relief Act of 1940 as amended and you object to such foreclosure you or your attorney should file a written appearance and answer in said court at 9th day of December 1996, or you may be forever barred from claiming that such foreclosure is invalid under said act.

Witness, PETER W. KILBORN, Chief Justice of said Court this 25th day of October, 1996

Charles W. Trombly, Jr.
Recorder
November 7, 1996

Recycle

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32-1/2 x 27-3/4. You pick up. Call 475-3913.

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Your service listed here puts you in touch with thousands of interested readers. Call our **Classified Ad Department** at 475-1943. Deadline for placing ads is Tuesday at noon. **Any cancellations must be made by Monday at 5pm.**
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FOUND: yellow spiral business notebook on the corner of Walnut and Cheever on 11/2/96. Call 470-0256.

Health Services

ELDER CARE SPECIALIST available to live with/care for mom/grandma. Best references. Call 474-9193 after 7pm.

PRIORITY PERSONAL CARE REFERRAL SERVICES. Providing certified nurses aids and homemakers to care for elderly and homebound senior citizens. Free consultation: 508-521-2470.

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HANDYMAN WITH TRUCK Brush, leaves, wood, metal, building materials, trash removed, landscaping, grass cutting, pruning, cleanup. Honest and dependable. 508-373-4985.

HANDYMAN- Small remodeling carpentry, drywall, painting, electrical, landscaping and lawn care. Free estimates. Reasonable prices. For prompt, dependable service call Ken 975-1150.

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A FINISH CARPENTER. Retired, 35/years experience. Will do interior remodeling and repairs, small outside jobs and repairs. Have ABC Builders license. 470-1979.

A MASTER CRAFTSMAN Carpentry, custom cabinets, kitchens, baths, bookcases. Jeff Berk Inc. License #115595. Refs. & Ins. 508-521-0709.

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BOB LYNN PLUMBING & HEATING. Repair and/or replace faucets, toilets, valves, water heaters, sinks, drain problems, etc. Small jobs a specialty. \$10 off w/this ad. License #23220. 508-658-2099.

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ARTIST WILL PAINT cartoon, storyboard or famous animation characters in baby or child's room. Custom designed with your help. Stenciling available as well. Samples available. Call Leah 470-2636.

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NORTH SHORE PAINTING CO.: Painting and staining. Pressure washing and mildew removal. Fully insured. Licensed. References. "Put professionalism to work for you." For a free estimate call 1-800-564-4016.

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ANDOVER WOODWORKS: Custom cabinetry, handcrafted furniture, residential & commercial millwork, renovations & restorations. Licensed and insured. Free estimates. Call 474-0378.

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A A A BEST CLEANING SERVICE- Leave your housework to us! Top to bottom cleaning GUARANTEED! Fully insured. Serving the Andovers for 9 years. References proudly given. Call 508-441-2144.

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MIKE'S REMOVAL SERVICE does plowing, now forming residential and commercial routes. Free estimates. Reasonable rates. Call Mike at 687-3389.

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FALL GUTTER CLEANING- Clogged down spouts, back-up & freeze causing damage to your roof. Serving Andover and surrounding communities for over 10 years. Free estimates. 603-772-8621; after 5pm. 508-777-2442.

FALL CLEANUPS & REMOVAL or curbside vacuum pickup. Call 508-475-2824.

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PRIME CUT LANDSCAPING- Full service lawn & property care professionals, satisfying all your landscaping needs. Fall cleanups. Also rototilling & garden care. Quality work at a fair price. Days, 691 5412; Eves, 689-7922.

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ANDERSON'S LITTLE ONES- One opening, full or part time, age 6 months and up. 7:30am-5:30pm. Near Rtes. 93, 495 and 28. RN mom. License #175375. Call after 6pm 470-1575.

DESIGNATED SITTERS INC. Experienced, dependable Nannies available days, overnight, after-school, evenings, sick child care. Long/short term placements. Postpartum care. Great references/well-screened. 508-774-8580.

HAPPY FEET DAY CARE has full/part time openings for all ages. Convenient location. Near Rtes. 38/93. Lic. #176546. Call Diane 508-640-1629.

NANNIES FOR RENT Celebrating our 14th anniversary! Reliable, caring nannies for part-time/full-time babysitting, vacation sitting, post-natal care. "NANNIES FOR RENT." 508-535-0127/1-800-427-0127. State licensed.

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Jim Loscutoff's Camp Evergreen- Vacation/after school/recreational programs. 33 years experience. Creative outdoor and indoor recreation for children. Transportation available. Andover. 475-2502.

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A+ TUTORING- former New York University instructor will tutor all levels of MATH and SAT. Proven improvement in grades and test scores. 686-0628.

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ADULTS & CHILDREN- All levels of ability. Piano and Trumpet lessons. Both instructors have had many years experience in teaching. Phone: 683-2338.

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LEONARD MIRONOVICH Flute teacher at Longy School is available for new students, all levels. Call 685-1643.

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MATH TUTOR - 20 years college teaching experience, Math Ph.D. Will tutor all levels Middle School through College. Call 475-4285.

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PROPERTY TRANSFERS

The following is a list of properties in Andover that sold from Oct. 22 to Oct. 29.

1 Sheila Connor bought 5 Aspen Circle, Lots 11, 11A, for \$305,000 from Thomas F. Reed. The mortgage is with Andover Bank.

2 Washington Realty Trust bought 29 Washington Ave. for \$155,000 from Don S. Williams.

3 Sean P. Riley bought 23 Wildwood Road for \$288,000 from Wildwood Nominee Trust. The mortgage is with Lexington Savings Bank.

ton Savings Bank.

4 Amanda O. Corliss bought 7 River St., Lot 4, for \$187,000 from Timothy M. Schau. The mortgage is with Homevest Mortgage Corp.

5 Syed A. Hakam bought 252 Beacon St., Lot 1, for \$135,000 from George F. Sweeney Jr. The mortgage is with World Savings Bank.

Source: Essex County Registry of Deeds, Lawrence branch.

HELP WANTED

Associate Director of Development Brooks School

Energetic individual sought to assist Director of Development and manage the Annual Fund Program for a strong independent school.

Successful applicants will have five years of proven experience in fund raising, strong interpersonal, organizational, writing, and budgeting skills. Candidate must have proven skill in managing and motivating volunteers and demonstrated ability to make strategic decisions about program improvements and solicitation strategies.

Send resumes to: Director of Development, Brooks School, 1160 Great Pond Road, No. Andover, MA 01845

Instruction

SCHEDULED FOR 11/23/96, 1:00pm-3:00pm, Intuitive Inclinations presents **THE DREAM'S WORKSHOP**. For information and reservations call 508-521-0215.

TUTORING BY EXPERIENCED TEACHER: Elementary and secondary levels. English, math, social studies, Latin, French, study skills. Wellesley graduate. Call 475-0966.

TUTORING in your home or mine. Retired teacher M.Ed. Many elementary and secondary subjects. Also SAT's and SSAT's. Call 475-4685.

TUTORING- Reading teacher will tutor elementary grades any subject, Shawsheen/West area. After school or early evenings. Call 470-3191.

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****HAIR STYLISTS**** Do you need a change? Feel like you're worth more? Being taken advantage of? If you are experienced and have a clientele, we have a full/part time position available in our new great salon. Very flexible hours and commission; Great pay and benefits. Call now. 975-7662. Ask for Pam to schedule an interview.

\$1000'S POSSIBLE TYPING. Part time. At home. Toll Free 1-800-898-9778 Ext. T-7670 for listings.

150 MPH- If you are an adrenalin junky and you like skydiving, bungee jumping, bull riding or drag racing, our company could be what you're looking for! Call for an appointment. 508-957-2195.

A PROFESSIONAL RESUME. Resumes and more- Cover letters, faxing, flyers, notary. Fast, low prices, laser printed. 470-3955.

ASSOCIATE DIRECTOR OF DEVELOPMENT, Brooks School. Energetic individual sought to assist Director of Development and manage the Annual Fund Program for a strong independent school. Successful applicants will have five years of proven experience in fund raising, strong interpersonal, organizational, writing, and budgeting skills. Candidate must have proven skill in managing and motivating volunteers and demonstrated ability to make strategic decisions about program improvements and solicitation strategies. Send resumes to: Director of Development, Brooks School, 1160 Great Pond Road, North Andover, MA 01845.

A SITTER-HOUSEKEEPER needed. Monday-Friday 2:30pm-6:30pm. Call 508-470-1962.

ANDOVER GRAND-MOTHER type to care for our six month old, in our home, full time. Call 603-432-6894.

ANDOVER RESTAURANT needs Waitstaff and Busses. Mothers hours, all shifts, full time/part time. Pasta Village, 63 P Street, 475-3354.

ATTENTION! WORK AT HOME. P/T= \$1000-\$2000 per month. F/T= \$3000-\$6000 per month. Full training. Call this week only 617-728-1477.

BABYSITTER NEEDED- part time, Wednesday through Friday 3:30pm-6pm, for 7/month old, in my Bradford home. Call 508-373-0282.

BABYSITTER WANTED- 12-15 hours/week, to care for one and three year old. Flexible hours, must drive, be a non-smoker and have references. Call 685-1993.

CAREER OPPORTUNITY AT DeWolfe New England for real estate salespeople! Join our progressive regional company with excellent career development courses, generous commission schedule and support. Call Nancy Collins at 475-8600.

CAREER OPPORTUNITY! Busy real estate office needs more sales associates! Will train. Call Jean at 475-1243.

CHILDCARE: Responsible, caring person needed for our 5/year old and 4/month old, in our North Andover home; 2/days per week, 8:30am-5:30pm. Must have car, non-smoking. 686-5508.

CONSERVATION JOBS: Wildlife positions. \$16,000-\$35,000/yr. Clerical, Security, Game Warden, etc. No experience necessary. For info 219-769-8301 ext. WMA-520. 9am-9pm, Sunday-Friday.

COUNTER HELP: Flexible hours, part or full time. Apply in person: MAE'S BAKERY, Eastgate Plaza, North Reading, No phone calls.

DENTAL ASSISTANT- Experienced, needed part time, for high quality specialty practice (prosthetics) on Andover/North Andover line. Ask for Marilyn 508-686-2620.

DENTAL FRONT DESK- Organized individual for busy front desk in Andover pediatric setting. Three days per week. Dental experience necessary. 508-474-9295.

HELP WANTED- Cleaning houses 9-10 hours weekly. Please call 508-667-8918.

DENTAL HYGIENIST- Full time for modern, spacious, high quality specialty practice. If you are enthusiastic and motivated, join our growth oriented team. Call Fran 475-0056.

EARN EXTRA INCOME for the holidays. Direct sales. Futune 500 skin care subsidiary. Call Elaine at 470-3515.

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FULL TIME OR PART TIME COUNTER HELP. PART TIME CLEANUP PERSON- afternoons, flexible hours. Excellent for student or retiree.

PART TIME DRIVER- afternoons Monday-Friday. Class III license. Apply at John Anton's Fabricare, Andover or call Debbie 475-0627 between 7am-3pm.

HOUSE CLEANER for Andover home near Phillips Academy. Call 508-470-2574 evenings.

IRRESISTIBLES- a unique and colorful apparel and accessories store for women, has part time sales positions available for its Andover location. Please contact Kathy Garon at 470-8260.

MAIN STREET SALON- Full or part-time help. Call Debra 475-7072.

MANAGING ABILITY- Fast growing company looking for professional individuals, immediately, to train an expanding sales force. Serious inquiries only. 508-957-2195.

NANNIES WANTED: For live-out. Full or part-time. Must have experience, references and car. Call Monday-Friday, 9am-4pm. NANNIES FOR RENT 508-535-0127.

NANNY NEEDED Tuesdays and Thursdays, for 4 year and 1 year old adorable girls, beginning in October. Non-smoking, transportation required. Good pay. Call 474-4267.

NANNY NEEDED- Responsible caring person to care for 6/month old, 3 days/week, beginning January, in our Andover home. Experienced, references, Own transportation. 474-4584.

NANNY- Full time, live-out, for two toddlers in Andover. Experience required. Bonus available. Call 474-0430.

PART TIME OR FULL TIME Certified Home Health Aides. Geriatric Assistance 470-2333.

PART TIME CLEANERS- Evenings and days available. Experience preferred but not necessary. We will train. Car required. Atlas Building Maintenance Corp. 475-4478.

PART TIME RECEPTIONIST needed for days in busy beauty salon. Call 470-2777.

PART TIME SERVICE DESK help needed. Good communicative skills, responsible, mature, customer service oriented. Please call Silverado Athletic Club, 474-1888, ask for Maryann.

PROFESSIONAL SALES PERSON wanted, four days a week. Apply in person to: Dino Furs, 33 Main St., Andover. 470-3344.

RECEPTIONIST/ADMINISTRATIVE ASSISTANT. Andover firm seeking individual for full time position as receptionist and to provide some administrative support. Must be organized, have good communication skills, and experience with word processing. Excellent salary and benefits. Please send resume to Personnel-RE, Eisai Merrimack Valley Laboratories, Inc., 200 Bulfinch Drive, Andover, MA 01810; or fax resume to: 508-691-5506 phone 508-691-5991.

SEEKING FULL TIME NANNY for two children. Must have car. Experience preferred. Must like dogs. Call 508-372-1084.

SEEKING RESPONSIBLE CARE for 1 year old, Tuesday-Thursday, 7:30am to 6:30pm. Non-smoking environment. References necessary. Needed immediately. Please call 474-0311.

SOMEONE WITH SNOW-BLOWER wanted to remove snow from driveway on Summer Street, Andover. Call 470-2139.

THANKSGIVING DAY HELPER needed. 12:30-6pm. \$10 per hour. References. Please call 508-475-5094.

WILDLIFE/CONSERVATION JOBS. Now hiring Game Wardens, Security Maintenance, Park Rangers. No experience necessary. For application and information call 800-299-2470 ext. MA134C, 8am-9pm, 7 days.

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ADVERTISE YOUR "ARTICLES FOR SALE" here for as little as \$3.00 per week. Call our classified ad department for details! 475-1943.

BALLY LIFECYCLE 6500. Excellent condition. Paid \$1400; asking \$600. Call days 688-9916.

BRAND NEW BRASS BED- Queen-size orthopedic set, brand new in plastic. Frame paid \$865; selling \$345. Can deliver. Call 617-229-9439.

BUTCHER BLOCK TABLE, four chairs \$300. Utility cart \$40, Air hockey \$125. Schwinn Sprint bike \$100. Wedding gown, size 7, \$50. 508-656-9250.

CASH FOR GAMES- Atari, Sony. VIDEO GAME EXCHANGE. 96 Route 125, Kingston, N.H. 603-642-4667.

ELEGANT FITCH FUR COAT- Full length. Size med. Soft beige with black markings, black fox collar. Professionally stored. Worn twice. Moving to warmer climate. Sacrifice for \$1500. 681-8629.

ETHAN ALLEN CHANDELIER Polished brass, \$65/best offer. Weedwackers \$15 each/best offer. Motorola cellular phone \$50/best offer. Call 470-2747.

LUXURIOUS FOX JACKET, size 6, \$250. New, \$1200. Never worn, 2 years old. North Andover, 686-9324.

MAYTAG GAS DRYER- white, excellent condition, in use only 10 months. \$400 or best offer. Call 685-4869.

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WICKER AND RATTAN FURNITURE- Antique and new. Also, restoration and cushions. The Wicker Shop, Wells, Maine. 207-646-8555.

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Garage Sales

GARAGE SALE- Sunday 11/10/96, 9am-3pm. 20 Chatham Road, Andover (off Wildwood). Household items, bikes, woodstove, washer, dryer, lawnmower, rowing machine, toys, books. No early birds.

YARD SALE- Saturday 11/9/96, 9am-2pm, 123 Jenkins Road, Andover. Skis, sled, metal folding chairs, household items, etc.

YARD SALE- Saturday, 11/9/96, 32 Bradley Road, Andover, 8am-12noon. Toys, kids skis-boots, skis, household items. Shop early for Christmas.

YARD SALE- Sunday 11/10/96, 9am-2pm, 4 Kathleen Drive, Andover. (125 to Hillside to Kathleen Drive). Waterbed, stereo speakers, electric keyboard, miscellaneous.

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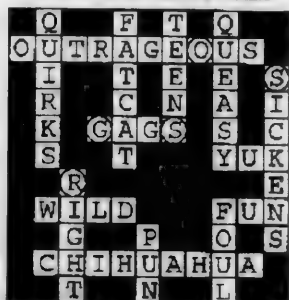
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NORTH ANDOVER- Large two bedroom, hardwood floors, washer/dryer hook-up, parking. \$700. plus utilities. Call 508-688-5704.

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ANDOVER- Non-smoker to share 5 rooms, single family home. 1 minute to I-93. \$350 plus 1/2 utility. 937-4300 leave message.

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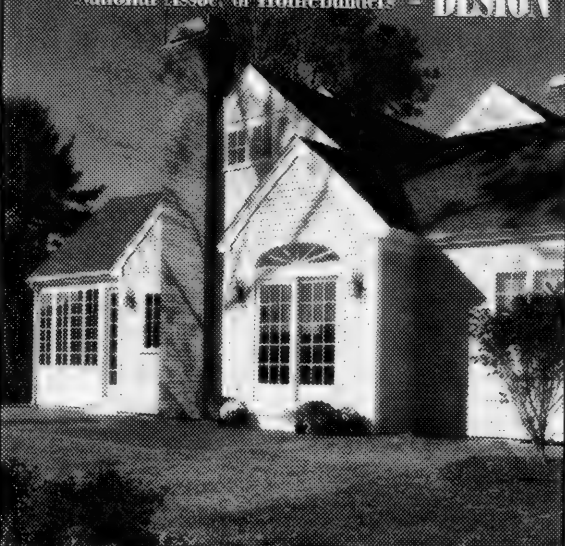
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NORTH ANDOVER
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FOR MORE INFORMATION and assistance regarding the investigation of financing, business opportunities and work at home opportunities, "The Andover Townsman" urges its readers to contact the Better Business Bureau, Inc. 20 Park Plaza, Suite 820, Boston, MA 02116-4404.

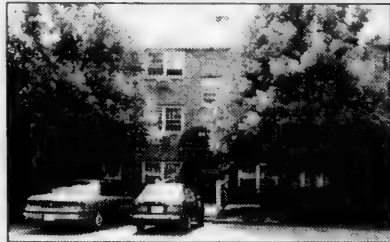


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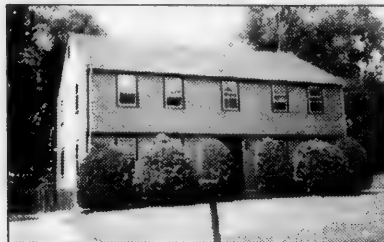
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NORTH ANDOVER



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NORTH ANDOVER



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CALL LINDA CUTTER 725-5353 OR FOR MORE INFORMATION CALL 800-5-TOP PRO, CODE #201-107-3\$239,900

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JUST REDUCED!
MOTIVATED SELLER! Great value in this 7 room, 3 bedroom spacious Cape set on gorgeous country 1+ acre lot. Country kitchen opens to huge sunny deck, family room, garage.
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NORTH ANDOVER



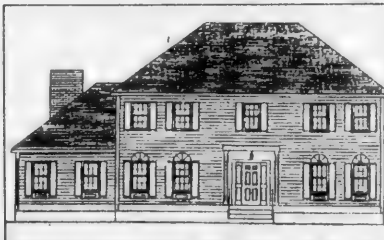
WATERVIEW HOME OVERLOOKS LAKES, 1.8 acre setting high on a hill, exceptional quality, solid construction, 2 car garage, 2nd floor ready for expansion, hardwood floors, fireplace with curved mantle, 3 bedrooms, make this your dream home!
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NORTH ANDOVER



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NEW PRICE! What a beauty! Expanded Cape with 4 bedrooms, sparkling hardwood floors, oak cabinet kitchen, handsome moldings in living/dining room & lovely 1/2 acre lot convenient to town! 18 Alderbrook - Andover ID# 48485
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Open Sunday 1-3:30


NEW LISTING! Set on more than 5 acres of country serenity is this bright and sparkling young Colonial. A 2 story center foyer, family room with cathedral ceiling and fireplace, plus central air can all be found in this outstanding home.
490 Sharpners Pond Road, North Andover
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Award-winning Fuller Pond Village! Sensational "Parker" unit sited on private cul-de-sac. Exclusive \$239,900. Loads of upgrades in this 3 bedroom, 3 1/2 bath "Hamilton".
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Open Sunday 1-3:30


Private park-like grounds abutting nearly 50 acres of conservation land frame this open, spacious 10 room, 3 1/2 bath Contemporary home, accented by walls of glass and cathedral ceilings. ID#13455.
16 Appleblossom, Andover
Call 475-4477 Exclusive \$399,000

NEW LISTING!

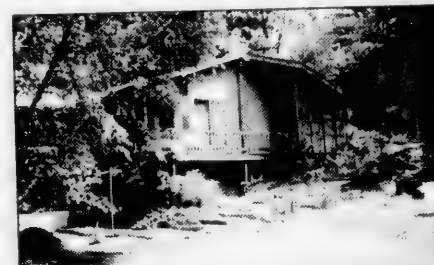

OPEN SUNDAY 1-4 WALK TO GOLF COURSE & town! Light, bright and charming 10 room Colonial on beautiful cul-de-sac — hardwood floors, cathedral ceilings, 2 large family rooms, cozy study & wonderful gourmet kitchen. Outstanding find!
DIRECTIONS: 7 Stafford Lane, Andover
Call 475-2201 Exclusive \$429,000



Set on nearly 2 acres bordering the Phillips Academy campus is this reinterpretation of an early 18c. Georgian Saltbox. Built in 1939 to suggest a dwelling of the 1700-1750 period, it conveys a sense of living in the 18th century without its inconveniences.
Call 475-4477 Exclusive \$429,900



Spectacular 10 room hip roof Colonial, set on over an acre abutting 20 acres of green belt, is introduced by an impressive 2 story foyer, Cherry kitchen, huge family room plus den and library are just some of this fine home's features.
Call 475-4477 Exclusive \$435,000



Totally Private! Custom designed Contemporary built with the finest quality and material in a most desirable Andover neighborhood! Private acre, lots of glass, vaulted & cathedral ceilings — Outstanding! ID#48105
Call 475-2201 Exclusive \$475,000



NEW CASTLE ESTATES Over 3,800 sf of superb living space with all the features you'd expect & more! 11 rooms, 5 bedrooms, 3 1/2 baths, stone fireplaced family room opens to sun room, designer master bath and whirlpool area!
Call 475-2201 Exclusive \$559,000



Estate setting! Exquisite 12 room Contemporary on 3.2 acres. Each room has breathtaking views of grounds. First floor master suite, at-home office, family room plus playroom, 4 full and 2 half baths. A rare find in this location! ID#48165
Call 475-2201 Exclusive \$799,000



Exceptional new architecturally designed 4,650 sf Colonial, sited on a cul-de-sac of fine properties, features decagon-shaped dining and breakfast rooms, a fabulous master suite, four fireplaces and 3 car garage.
Call 475-4477 Exclusive \$879,900



This incomparable waterfront residence, blending the historic with the contemporary, is sited on 2.6 park-like acres at the end of a cul-de-sac. Stone, wood, walls of glass and 17 skylights complement the stone arch from the Searles Estate and an antique bar in this exquisite home.
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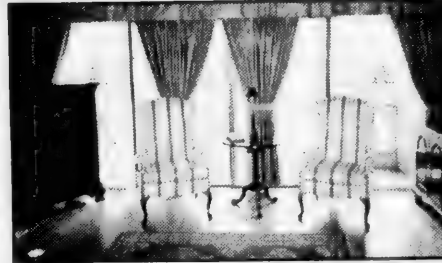
ANDOVER - Andover's best buy! 31 year old Ranch on level lot. 2-3 bedrooms, 2 baths & carport. Whole house fan and two zone gas heat. **\$144,900**



NORTH ANDOVER - Ideal for first time buyer. Eleven year old Colonial with 3 bedrooms, 1.5 baths, large kitchen with numerous cabinets and new floor. **\$154,900**



ANDOVER - Delightful one-owner home. Situated in a low traffic cul-de-sac, this lovely Cape has a private, fenced yard with landscape features. Flexible floor plan for 3 or 4 bedroom use. **PVRM 15 - Seller will entertain offers between \$170,000 and \$210,000.**



NORTH ANDOVER - Better than new condition! Millpond's largest unit boasts 7 rooms, a new kitchen, hardwood floors, and is freshly decorated throughout. Bright end unit in private location. **\$199,000**



ANDOVER - Two-family in historical Shawsheen district. Five rooms and 2 bedrooms on first floor. Four rooms and 2 bedrooms on 2nd floor. This home can be converted back to single family. **\$219,900**



ANDOVER - Light & bright! Three bedroom home has custom features including a 20' X 30' deck with trellis overlooking natural vista. Open first floor kitchen and fireplaced family room. **PVRM 18 - Seller will entertain offers between \$230,000 and \$280,000.**



ANDOVER - Great location! Recently updated contemporary ranch, fabulous new kitchen with solarium eat-in area. Vaulted ceilings and skylights, hardwood floors. **\$259,900**



ANDOVER - Immediate occupancy! Walk to town location. Oversized, updated 4 bedroom on large private lot. Many new updates. **PVRM 18 - Seller will entertain offers between \$230,000 and \$280,000.**



NORTH ANDOVER - This charming Cape is located on private lot that abuts conservation land in a neighborhood of quaint historic homes. Easy access to highways. Eat-in kitchen with spectacular allure. **\$235,000**



ANDOVER - Walk to everything from this traditional Colonial located in one of Andover's finest family neighborhoods. Living room with fireplace and built-in bookcase. Hardwood floors throughout. **PVRM 19 - Seller will entertain offers between \$250,000 and \$310,000.**



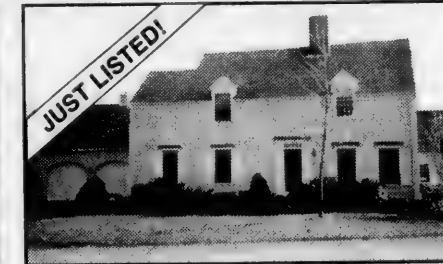
ANDOVER - Terrific expanded 4 bedroom Cape with full shed roof. Peaceful living on cul-de-sac. Beautiful level yard w/blossoming fruit trees & raised perennial gardens. **\$259,900**



ANDOVER - Exceptionally spacious 9 room Townhouse. Step-down formal living room with hardwood floors and fireplace. Stunning formal dining room that leads to sunroom and deck. Home office and family room on lower level. **\$279,900**



ANDOVER - Pretty as a picture Garrison Colonial on quiet cul-de-sac. Formal living room features bay window and hardwood flooring. Large eat-in kitchen w/adjacent family room. **\$305,000**



ANDOVER - Detached Condo at Hunter's Ridge! The convenience of condominium living and the space and feel of a single family home come together in this appealing "End Unit." Central air, attached two car garage, 5 rooms. **\$364,900**



ANDOVER - Perfect for casual and formal living. Custom Tudor located on quiet cul-de-sac in Sanborn School district has 9 rooms, 4 bedrooms and spacious great room. **PVRM 23 - Seller will entertain offers between \$370,000 and \$450,000.**



ANDOVER - Fabulous Center Entrance Colonial sited on 3.5 acres of plush manicured grounds abutting conservation. Over 3,000 sq ft of living space. Huge kitchen and family room with fireplace. **\$409,900**

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ANDOVER TOWNSMAN

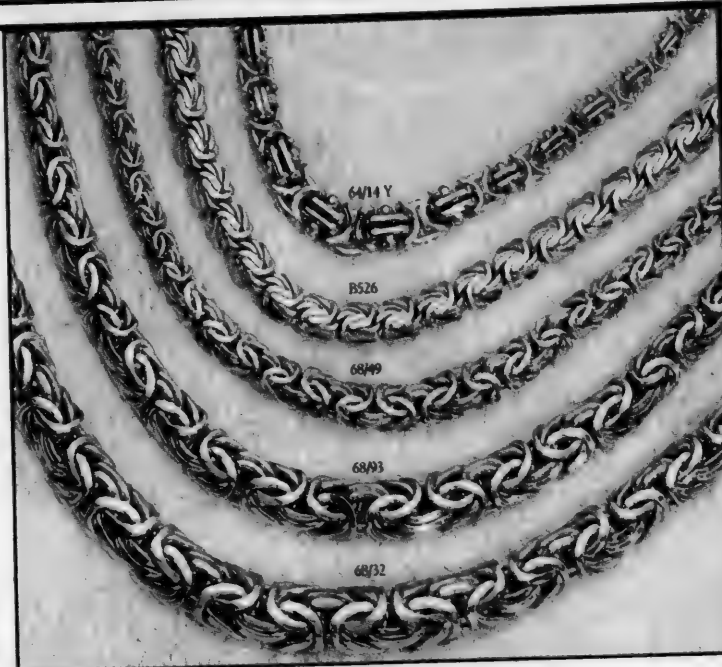
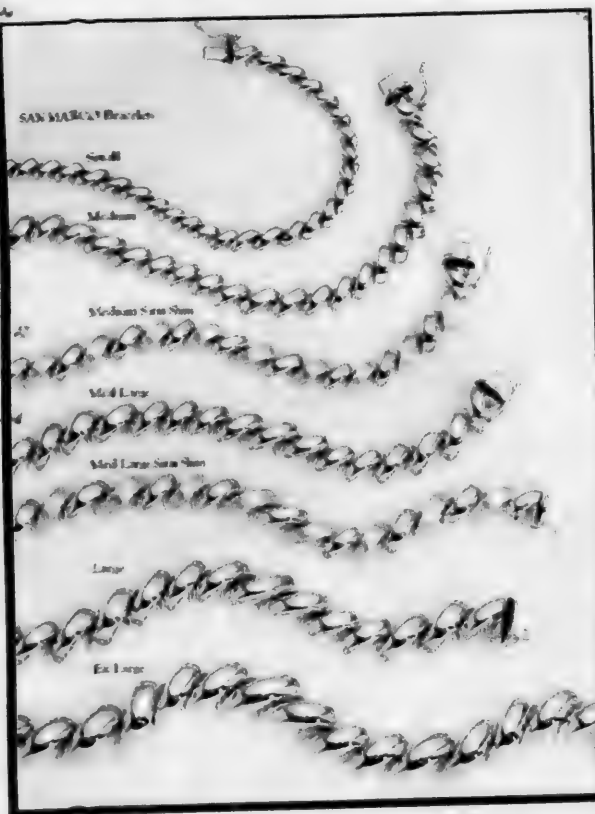
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a quarterly guide to hospitals and healthcare



The Great American Smokeout
is Nov. 21. See page 22.

ANDOVER
TOWNSMAN

November 7, 1986



DIET & NUTRITION

Orange juice: A bounty of benefits

(NAPS) – Orange juice is a staple at Americans' breakfast tables. In fact, 72 percent of orange juice is consumed at breakfast in the United States. After breakfast, however, the nutritional value of the majority of Americans' beverage consumption goes downhill. Over half of the beverages we drink throughout the day – including soda, coffee and teas – provide little in the way of nutrients and those with caffeine can actually be dehydrating to the body. Beverages can make a significant impact on our overall health and orange juice is one of the most naturally nutritious drinks around. Isn't it time to consider taking orange juice beyond breakfast?

Squeeze more nutrition into your day

A glass of orange juice may just be part of your morning ritual, but it's far from routine as a beverage choice. A single eight-ounce glass of orange juice provides:

- A full day's worth of vitamin C. The Daily Value for vitamin C is 60 milligrams (mg). A serving of orange juice provides about 72 mg. Vitamin

C is important in forming collagen, a protein that gives structure to bone, cartilage, muscle and blood vessels. It also aids blood cells in fighting infections, the liver in detoxifying dangerous substances, helps regulate breathing and blood pressure and the body to absorb iron from foods.

Another function of vitamin C is as an antioxidant. Antioxidants prevent oxidative damage caused by free radicals. Research suggests that antioxidants like vitamin C may delay aging and protect against heart disease and cancer.

- A good source of folate, supplying 15 percent of the Daily Value.

Folate is a B-vitamin that plays a key role in the formation of DNA and RNA, the genetic substances that direct cell division, especially important during periods of growth. Folate helps protect against the birth defects spina bifida and anencephaly. Research shows that folate can also prevent premature births, low birth weight babies and oral and facial birth defects.

Folate and other B-vitamins like B-12 and B-6 also help control levels

of homocysteine. High levels of homocysteine are a risk factor for heart disease.

- A good source of potassium, providing 12 percent of the Daily Value, or 430 mg.

Potassium can help keep blood pressure in check and may protect against stroke. This mineral works in conjunction with sodium and chloride to maintain water balance, distribution and muscle contraction.

- An easy way to help meet the "Five A Day" recommendation of The National Cancer Institute, which recommends that we get at least five servings of fruits and vegetables a day to help promote good health and reduce our risk of certain cancers. Amazingly, over half of Americans don't even get a single serving of fruit on an average day.

There are many ways to enjoy the delicious taste and nutrition of orange juice at any time of the day. Orange juice is a perfect ingredient to boost flavor without adding fat, sodium or cholesterol. The following soup recipes show how versatile orange juice can be in cooking.

Golden Glow Soup

1 Tbsp. canola oil
1 sweet onion, chopped
2 cups peeled, chopped carrots
1 1/2 cups peeled, chopped sweet potato or yam (1 large)
2 cups orange juice
3 cups fat-free chicken broth
salt and pepper as needed
1/4 cup low or no-fat sour cream
1/4 cup sliced scallions


1. Heat oil in a soup pot, add onions and carrots, saute 3-4 minutes stirring often until glazed. Add sweet potatoes, orange juice, and chicken broth and bring to a boil. Reduce heat and simmer soup over medium heat 25-30 minutes or until vegetables are tender.

2. In a blender puree soup and adjust seasoning. Divide among four bowls and top each with 1 Tbsp. sour cream and 1 Tbsp. chopped scallion.

Yield: Four 1 1/2 cup servings

Note: Soup can also be chilled and eaten cold.

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Dr. Harrington's current focus is working with Executives on strategies to help them **assure** organizational health and **insure** appropriate future growth. Skillful attention is directed to internal systems integration, problem solving (currently experienced and/or expected) and **INDIVIDUAL HEALTH and DEVELOPMENT**. Starting with the special needs of Business Executives (their spouse and their families - marriage and family counseling) while helping them to "GROW" their Organizations and Employees to be **LEADERS** in this rapidly changing world of technological innovation and international competition.

If you would like to explore the possibility of consulting with Dr. Harrington, or one of his colleagues, concerning your companies direction, career paths for yourself or employees, or about personal and/or family issues, please call for an appointment and be assured of confidential, professional, and considerate attention.

Dr. Joseph A. Harrington, for more than a decade, was a Professor of Psychology, established the Psychology Major, and was Director of Psychological Services at Merrimack College in North Andover, Mass. He has been Coordinator of Professional Services at several rehabilitation centers dealing with alcoholism and drug treatment and prevention, and served as Assistant Superintendent of a maximum security prison. For many years, Dr. Harrington was President of The Andover Group, specializing in executive assessment and evaluation, organizational development, and counseling with key executives and their families, in major corporations.

Dr. Harrington has throughout this whole period, specialized in the treatment of persons suffering from the effects of prolonged stress, tension and alcohol dependence. He has applied the tools of Behavioral Medicine with documented success to men and women in executive positions in small and large corporations. His seminar on the handling of stress and tension has been attended by key personnel from many corporations. Additionally, he is an expert in the area of Clinical Hypnosis and Hypnotherapy.

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Last year, 2,500 babies, including Elizabeth and Katherine Conole of Dracut, were delivered at The BirthPlace at Lowell General Hospital. The Level II nursery at The BirthPlace makes it possible for premature babies, like the Conole twins, to be born close to home and stay close in the first days of critical care.

After a complicated pregnancy, Diana Conole's girls arrived five weeks early. "I can't say enough about The BirthPlace. The Level II nursery team took care of the girls as soon as they were born. Katherine had complications and was sent to Boston for Level III care. She was back with us in four days, thanks to the perseverance of the nurses. If I'd been at any other hospital in the area, I might not have seen her for over a week!"

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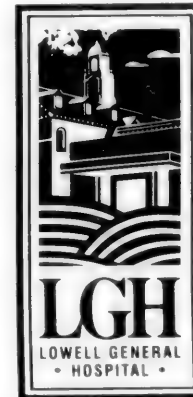
Diana and Clem Conole learned a lot watching the Level II team care for their daughters and other critical care babies. "The challenges were there, but we took them in stride thanks to LGH."

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Healthwise, Andover Townsman, November 7, 1996



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Dr. Richard A. Goldman of Pentucket Medical Associates, Inc., has been elected to Fellowship in the American College of Cardiology, the foremost professional society representing heart specialists in the U.S. and throughout the world. Election is based on specific educational and practice requirements and is a recognition of high professional achievement in a cardiovascular discipline. Fellowship in the American College of Cardiology stands for the kind of professional accomplishment that results in excellent care for patients with heart disease.



Dr. Richard A. Goldman

Graduating in 1980 from Tufts University and in 1984 from Tufts University School of Medicine, Dr.

Goldman completed his internal medicine residency at the Francis Scott Key Medical Center in Baltimore, Md. Following a three-year overseas tour of duty in the United States Air Force, Dr. Goldman undertook his cardiology fellowship training at Hartford Hospital in Connecticut. Dr. Goldman was Board Certified in Internal Medicine in 1987 and in Cardiovascular Disease in 1995. Dr. Goldman is a member of the American Society of Echocardiography and the American College of Physicians.

Dr. Goldman performs both invasive and non-invasive procedures. He is a strong proponent of educating patients about their treatment choices and including them in the decision-making process. As a participant in the PMA Cardiology Lecture series, Dr. Goldman has presented on: "Cholesterol: Fact or Fiction" and "Heart Talk: Questions and Answers about Heart Disease."

Dr. Goldman practices cardiology at the Pentucket Medical Associates' Office Building in North Andover. He is active on the medical staff at Lawrence General Hospital, Holy Family Hospital and Medical Center, Hale Hospital and Anna Jaques Hospital and Medical Center. Dr.

Goldman resides with his wife in North Andover.

Family Practice Physician appointed to American Board of Family Practice

Dr. Michael A. Giorgetti, a member of Pentucket Medical Associates, Inc., has been certified as a member of the American Board of Family Practice. Family Practice is the medical specialty which is concerned with the total healthcare of the individual and the family and is a growing specialty with over 400 accredited residency programs in university, community or armed forces hospitals. Certification recognizes Dr. Giorgetti as a specialist in Family Medicine and is a measure of the educational requirements and practice experience that have been achieved.



Dr. Michael A. Giorgetti

In addition to managing his own patients, Dr. Giorgetti provides medical care to residents of the Merrimack Valley at the Walk-In Center, recently opened by Pentucket Medical Associates in North Andover, and the Urgent Care Center at the Pentucket Medical office building in Haverhill.

Dr. Giorgetti graduated in 1977 from the University of the West Indies, Jamaica. He completed a Family Medicine Residency program at McMaster University in Ontario, Canada, in 1980. This was followed by private practice, treating patients in gynecology, obstetrics, pediatrics, internal medicine, and emergency medicine and with a special interest in dermatology. Dr. Giorgetti was very active in the District Medical Society. As Chief of Family Practice for many years, he was instrumental in formulating policy for Family Practice in the area.

Dr. Giorgetti places a strong emphasis on establishing open communications with his patients and encourages them to participate in all decisions related to their medical care.

He and his family are residents of North Andover.

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{ *The Sunday Morning
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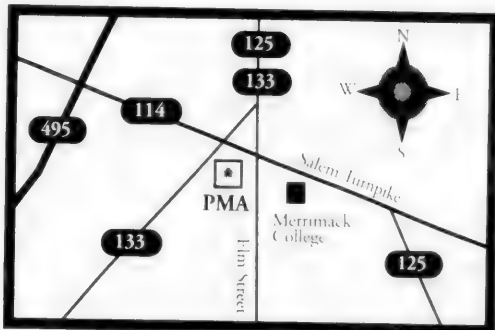


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DIET & NUTRITION

Guiding your kids to better nutrition

(NAPS) – Today's galloping gourmets are off to an early start – children as young as five and six years old are learning to cook and they are loving it.

That can be a good thing for parents concerned about their children eating well, according to the American Frozen Food Institute.

If kids can be encouraged to discover the joys of cooking, they'll be more likely to run home and make a nutritious snack.

The microwave, for example, is a perfect way to get kids started with the wonders of cooking. With proper safety instructions, they can prepare popular foods like pizza, popcorn, potatoes and pasta. All they have to do is get it hot. And now with the

variety of microwave dinners and entrees for kids, they can get kid-size portions of their favorite meals.

Children can prepare a nutritious breakfast using frozen waffles and a wide variety of frozen fruits, or they can top frozen pizza with cooked frozen vegetables for a lively and healthy treat.

This is especially important as the National Cancer Institute recommends five servings of fruits and vegetables a day. Using frozen foods and the microwave makes mini-meals easy to prepare and improves the odds of fruits and vegetables being eaten. It also makes cooking safer for beginners.

However, as safe as they are, microwaved foods can become very

hot and parents should teach children how to cook them safely.

The American Frozen Food Institute suggests parents show children how to choose microwave-safe utensils, how to safely lift the covers off microwaved foods and to let foods stand a bit after they've been cooked.

Here are some kid-size cooking tips from AFFI:

- Always use oven mitts.
- Limit ingredients to less than six and steps to three. Work with semi-prepared ingredients, like frozen dough and sauce mixes. Steam or microwave frozen vegetables, place on a frozen pizza and heat up in the oven.
- Use a cookbook especially designed for kids or work through a

favorite recipe to simplify the steps and make substitutions.

• Rely on the variety of nutritious frozen entrees and dinners in your frozen food department to solve your dinner dilemma and gain quality time with the children.

Free offer

For free children's recipes and a customized, kid-sized oven mitt (supplies limited), please write American Frozen Food Institute, Remline Corporation, 139 Chestnut Hill Rd., Newark, Delaware 19713.

Also, include a tip for a creative meal solution using frozen foods and you will be eligible to win a free children's cookbook, at random.

'Recipes' for a lifetime of good nutrition

(NU) - How do you get all the vitamins you need? One way, of course, is to eat properly: five to nine servings a day of fruits and vegetables; six to 11 whole grains; two to three low-fat milk or other calcium-rich products; and two to three extra-lean meats or legumes. But actually squeezing all those nutrients into your daily meals

isn't as easy as it sounds, and without them, experts say, your lifelong health may suffer.

There's another challenge, too. The nutritional needs of men and women are different and so are your needs at different stages of life as your body changes. And people who smoke, are under stress or are avid exercisers

have their own unique requirements.

For instance, while women between the ages of 19 and 50 need iron, the bodies of women between 51 and 65 need magnesium.

So what's a person with an ever-changing body to do? The staff at Nature Made, a national broadband supplement brand, have these

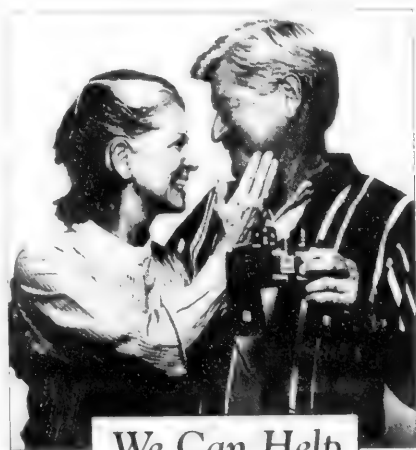
"recipes" for optimal nutrition.

Men 19 to 40: Men in this age group need extra vitamin A and C, copper, phytochemicals, antioxidants, chromium and folic acid.

Men 41 to 65: If you're in this age group, you should have extra antioxidants, chromium and garlic.

Continued on page 7

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DIET & NUTRITION

'Recipes' ...

Continued from page 6

Women 19 to 50: Throughout their childbearing years, women need extra vitamin B6, folic acid, calcium, antioxidants, iron, magnesium and zinc.

Women 51 to 65: After menopause, it's important to consume extra magnesium, calcium, vitamin D and antioxidants.

Perinatal women: Right before, during and after pregnancy, women need extra iron, folic acid, calcium and magnesium.

Age 65 and up: Because of reduced absorption and increased needs to sustain strong defense systems, nutrition needs are unique during these years. Extra vitamins B1, B2, B6, B12, C and D are needed, as well as niacin, lycopene, magnesium, calcium, zinc and lutein.

When you're stressed: Antioxidants, B vitamins, fish oils, chromium, copper, magnesium, zinc, echinacea and garlic will strengthen your natural defenses. Women should have additional iron, too.

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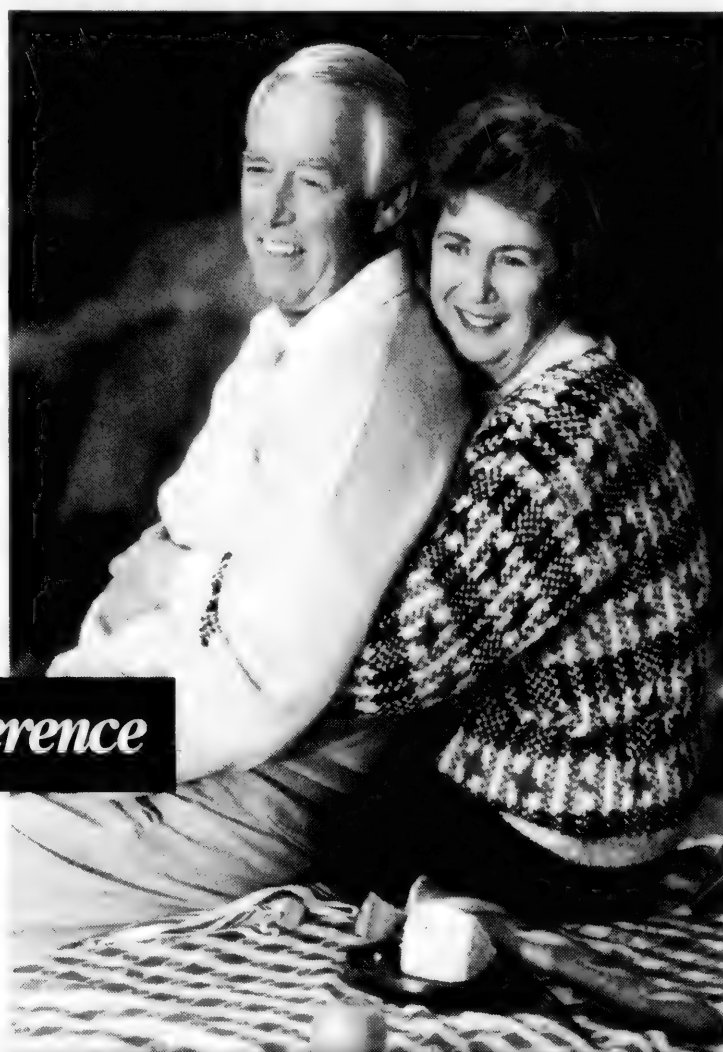
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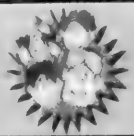
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CHILDREN'S HEALTH

Facts about childhood vaccines

(NAPS) – Vaccinations can be considered the best way to protect your child from once-deadly childhood diseases. Vaccinations usually start by two months of age and are completed by about six years of age, though some should be repeated over the years and children who missed shots when young can generally get them later.

You should talk to your family physician about what vaccines your child needs and when they should be given. The usual shots include:

- DTP to prevent diphtheria, pertussis (whooping cough) and tetanus, also called "lockjaw."
- Td is a booster vaccine usually

given to children seven years old or older to help prevent tetanus and diphtheria. It should be given every ten years throughout life.

- OPV for Oral Poliovirus vaccine to provide protection from poliomyelitis. An IPV, an inactivated poliovirus vaccine, may be given instead.

- MMR against measles, mumps and rubella (German measles).

- Hib, to prevent Haemophilus influenzae type b.

- HBV against hepatitis B.

Your physician may suggest other immunizations, such as the new varicella vaccine for chicken pox, depending on your child's circumstances.

You may have had to delay getting your child immunized if he or she had a slight case of the sniffles or a mild cough. Centers for Disease Control (CDC) researchers have concluded that this is not the case. A new study has found that mildly ill children ages 15 to 23 months scheduled to receive their measles-mumps-rubella (MMR) vaccine responded the same as healthy children. If your child is slightly ill on the day he's scheduled to receive a vaccine, call your physician and describe the symptoms and see what the doctor advises. Your doctor will make the final decision but the CDC maintains that children can still receive vaccines even if they

have one or more of the following symptoms:

- A fever of 100 degrees or lower.
- A slightly runny nose.
- A slight cough.
- A child who is in the recovery stage after an ear infection and is still on an antibiotic.
- Mild diarrhea (OK to receive MMR vaccine).

Free Brochure

For a free copy of Childhood Vaccines, what they are and why your child needs them, send a self-addressed, stamped envelope to: American Academy of Family Physicians, c.o. Main Street Department, P. O. Box 19326, Lenexa, KS 66285.

Beware of your child's sniffles

(NAPS) – It is often hard for parents to differentiate the symptoms of common early-season colds from other conditions.

The sniffles you attribute to your child's first sustained indoor exposure to a roomful of children, or the allergy symptoms that coincide with the

peak of ragweed season, may actually be sinusitis.

Because sinusitis, an infection of the nasal cavities located above, below and behind the eyes, can be a complication of a cold or allergy, the symptoms of sinusitis in children are often misdiagnosed as a lingering cold or allergy. Sinusitis affects more

than five million Americans under the age of eighteen each year, and countless school days are lost as a result of it.

"An unresolved cold or upper respiratory infection is the most common cause of sinusitis in children. Ten percent of colds in children lead to sinusitis. A sinus infection can devel-

op if the congestion, coughing and sneezing of a cold are not properly treated," says Michael Kaliner, M.D., Medical Director, Institute for Asthma & Allergy at Washington Hospital Center, Washington, D.C.

Complete this checklist to determine if your child has sinusitis:

Continued on page 9

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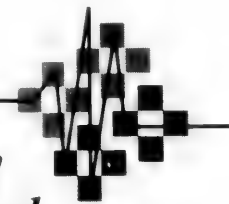
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CHILDREN'S HEALTH

Get kids moving

A recent report by the U.S. Surgeon General states that exercise is important because it raises the heart rate, improves breathing, boosts energy, improves metabolism and helps lower blood cholesterol levels. Here's a few ways to get kids moving:

- Limit television watching. Encourage kids to spend time outdoors.
- Check out play groups, local "fun-runs" and sports teams as ways to increase activity levels.
- Let kids walk the dog, or schedule a family walk for after dinner.
- Provide kids access to a variety of exercise options such as monkey bars, a basketball hoop, a track, or bike path.

Beware of child's sniffles

Continued from page 8

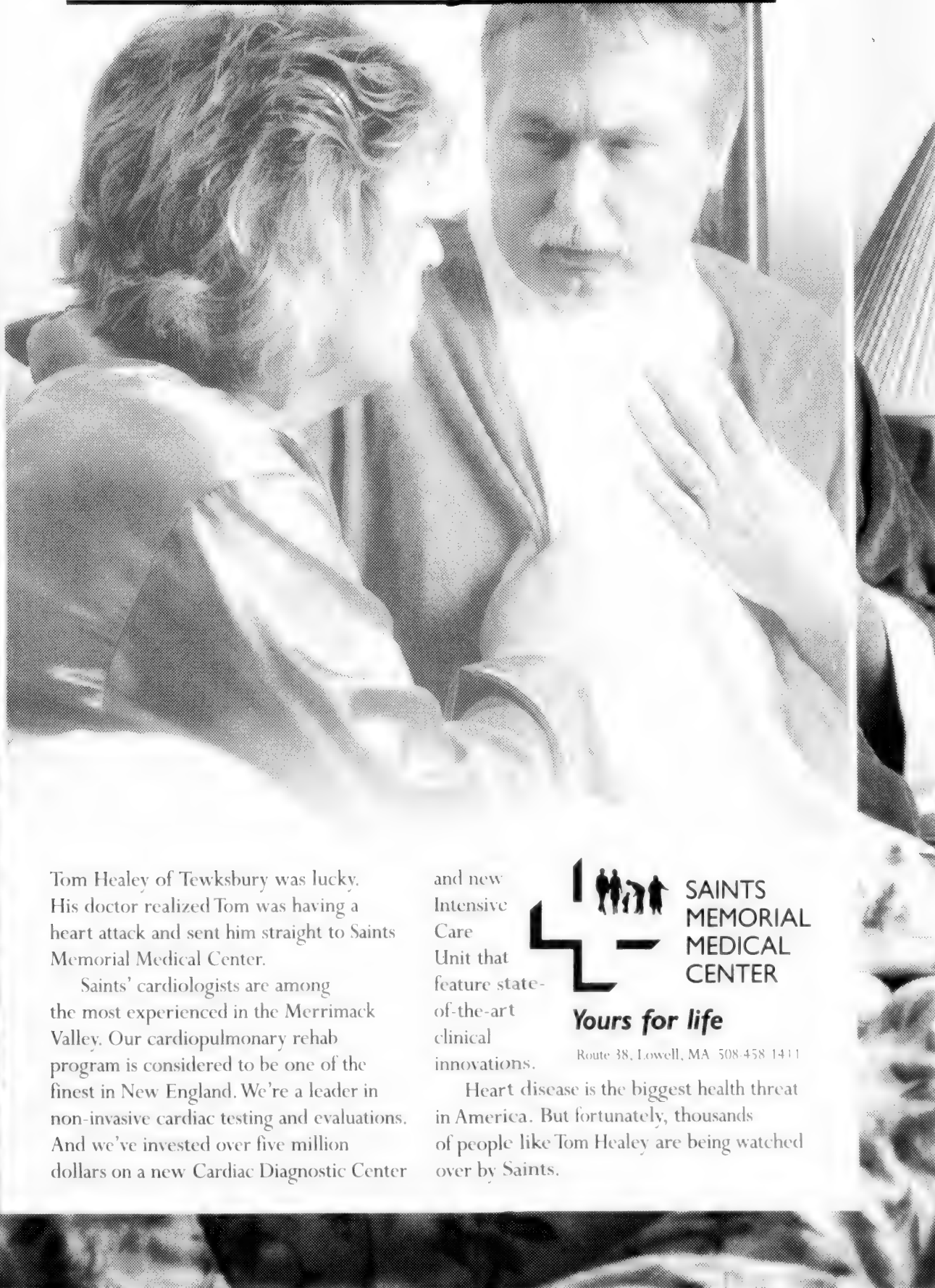
- Your child has lingering seasonal allergies.
- Your child has recurring colds that don't go away completely.
- Your child's nasal discharge is dark green or yellow.
- Instead of improving, your child's symptoms have been getting worse.
- Your child has unexplained headaches, toothaches, earaches or facial pain.
- Your child has a dry, persistent, non-productive nighttime cough.
- Your child has a loss of a sense of smell.
- Your child has bad breath.

If you checked two or more of the above, your child may have sinusitis, which requires physician supervision and treatment.

A variety of medications are available to treat the symptoms of sinusitis. Your child's physician may prescribe a course of pediatric strength medications, including antibiotics to sterilize the sinuses and free them of infection, and decongestants to help relieve congestion, shrink swollen nasal tissue and promote drainage. In more severe, or recurring, cases of sinusitis your child's physician may suggest a topical nasal corticosteroid to lessen and/or inhibit nasal swelling.

If your child's cold lingers for more than ten days, see your family doctor or pediatrician. If allergies are present they may want to have an allergy evaluation. A proper diagnosis and effective treatment can enable your child to feel better and perform better at school or play.

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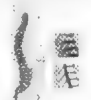


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BACK TALK

Aching back? Avoid cushy chairs

(NU) - Here's a quick quiz for people with back pain. What harms your aching back most - walking, standing, sitting or lying down?

If you said sitting, you're one step closer to relief, because you know which activity can cause you the most pain. Physical therapists at the Spine Institute in Clearwater, Fla., say sitting, especially with your back in an unbalanced position, can put more stress on those sore muscles or nerves than standing or lying down.

Their advice: Avoid sitting as much as possible during the acute stage of an injury.

And when you have no choice? Here are some suggestions from the Spine Institute's PTs.

- Try not to sit for more than 15 or 20 minutes at a time.

- Choose a chair or sofa with good support for your lower back - that will help you maintain the normal curves of your spine. If you don't have a chair that provides good support, put a small pillow or rolled towel behind you.

- Reduce the stress of sitting by turning a chair around backwards and straddling the seat. That forces you to sit up straight, while the back of the chair supports your upper body. When you're recovering from a back injury, never sit in a slumped position with your head resting in front of your shoulders.

- Avoid deep or low chairs when your back hurts. They may feel comfortable, but your spine will be in an unbalanced position. And it's difficult to get up without bending forward.

- Whenever you sit, make sure both feet are supported on the floor or a foot rest.

- At work, place your materials in a position that allows you to sit up straight. Ask for a copy stand to elevate your work and an adjustable-height chair and table.

- At your desk, sit in a position that allows you to rest your forearms on the desk without bending over. That lets your arms support some of your upper body weight and discour-

Continued on page 14

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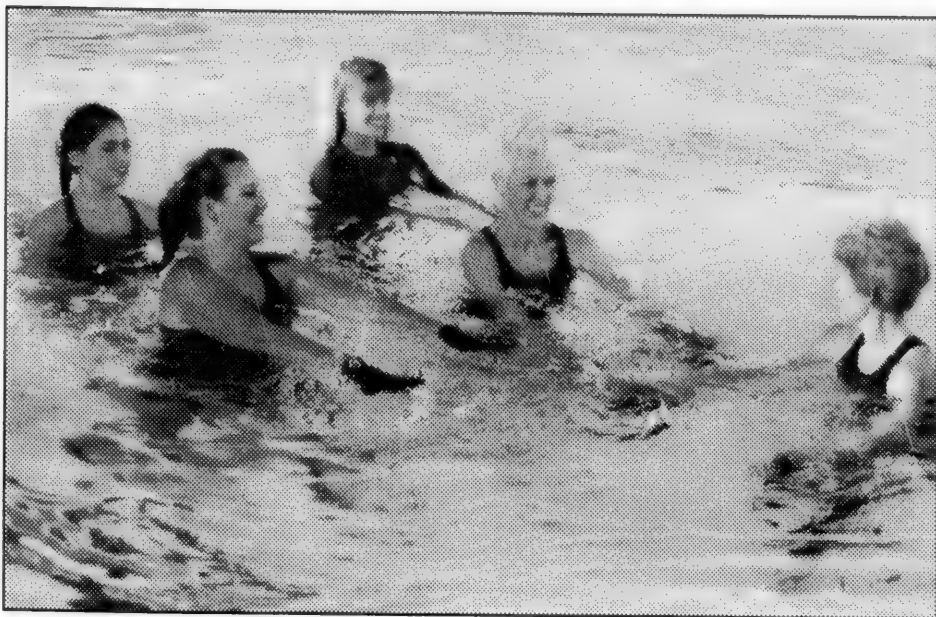
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Instructor Barbara Collins leads aquatic exercise group at Northmeadow.

Northmeadow Health and Racquet Club helps those challenged with arthritis

Northmeadow Health and Racquet Club in Tewksbury boasts a program unique to the area, designed to help those challenged with arthritis. One of only two such programs in Middlesex County, this program is directed by Barbara Collins, who has been afflicted with arthritis for more than 10 years. Ms. Collins is certified by the Arthritis Foundation, the Aquacize Exercise Association, and the United States Water Fitness Association.

Ms. Collins knows firsthand of the benefits which water programs provide. "For the past 10 years, water exercise has helped me keep my life together. I have used the water for pain management, and can't imagine living without it. It has not only helped to alleviate the pain, but has improved my flexibility, strength, and endurance," she said.

The arthritis water classes are designed for all ages and swimming abilities. On a given morning at Northmeadow, swimmers with varying degrees of afflictions can be seen enthusiastically and vigorously splashing about to music, with broad smiles coming from their faces. The program began in January of 1995 with one person, and has grown to an average of 25 participants per class. Anyone affected with arthritis, knee or hip replacements, fibromyalgia, rheumatoid arthritis, or other maladies, are encouraged to participate. Approval from a physician is recommended.

The exercises have been designed by the Arthritis Foundation, and are performed in the shallow end of the pool. The movements are specifically

designed to improve flexibility, increase range of motion, and to improve endurance. "No swimming ability is needed," Ms. Collins said. "At first, some are timid in the water, but in no time they love it, and can't wait for the next class."

Barbara hopes others will come and feel firsthand the benefits of an aquatic exercise program. She hopes to expand her program to accommodate the entire region. "The classes also serve as a motivating, support group," said Ms. Collins. "I can't say enough about the benefits of the water."

Northmeadow encourages children and adults of all ages to take part in physical activity, in the pool or on "land." Starting children early on a fitness regime will encourage healthy habits. "Finding an activity that the whole family can participate in is one way to foster physical fitness," said Regina Kmet, fitness director at Northmeadow. Northmeadow offers many programs for all ages, including aquatic programs and classes, rollerblading, tennis, volleyball, aerobics, and racquetball.

The arthritis classes are offered on Monday, Wednesday, and Friday mornings, from 11 a.m. to noon. They are also on Monday and Wednesday from noon to 1 p.m. Classes are offered on an on-going basis, and are open to the public. Northmeadow members may take the classes free of charge. Northmeadow is located at 20 Carter St., in Tewksbury. For information about this and other aquatic programs please call Ms. Collins at Northmeadow at 851-3901.

See you at the pool.

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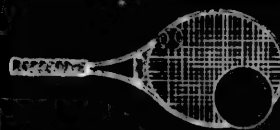
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|------------|-------------|-------------|--|
| Thursday | Nov. 14 | 1:00 pm | Jackson's Restaurant 478 Lowell St. (Rte.110), Methuen |
| Wednesday | Nov. 20 | noon | |

If you prefer a one-on-one interview, please call Fallon. Appointments are held on the following Fridays:

| <u>DATE</u> | <u>TIME</u> | <u>PLACE</u> |
|-------------|-------------|--|
| November 15 | 1-4:30 pm | Andover Eye Associates 555 Turnpike Road North Andover |
| December 6 | 1-4:30 pm | |

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BACK TALK

Lifting with a bad back

Doctors often tell patients with back problems that lifting is just about the worst thing they can do. But somebody has to pick up that heavy bag of groceries or that box left on the doorstep by UPS.

If that somebody's you, these tips from the physical therapists at the Florida Spine Institute should help you pick things up without hurting your back.

If you suffer from chronic back problems, decide whether it's really necessary to lift that heavy object and recognize your limitations. In the early stages of recovery from a back injury, it may be best to leave things where they are until someone else can pick them up and move them.

- Plan your lift and remove obstacles from your path.

- Test the weight of the load before attempting to pick it up.

- Keep your back in a balanced position and use your legs for lifting as much as possible.

Remember, your back muscles are not meant for lifting. Their purpose is to work in combination with the stomach muscles to help you maintain a balanced posture while you pick things up. Use the larger muscles of your legs and buttocks instead.

- When lifting, keep the object as close to your body as possible.

- Tighten your stomach muscles when lifting. Don't hold your breath.

- If you need to turn, pivot your feet instead of twisting your back.

- Use smooth movements, rather than quick, jerking ones.

- Minimize reaching and bending.

Aching back?

Continued from page 10

ages you from bending forward.

- When you get up, move to the edge of your chair before trying to stand. If there's no support, reach your hands above your head as you

prepare to get up. That helps you keep your head up and your back in a balanced position.

The Florida Spine Institute is the nation's largest spine care center. For more information on living with back problems, call 1-800-477-7746.



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One To One Strength Training staff provides educated physical fitness training and consulting

One To One Strength Training is a physical fitness training and consulting company located at 16 Haverhill St. in Andover. The company is owned and operated by Paul K. Soucy. Paul has a degree in Exercise Physiology and is a Certified Strength & Conditioning Specialist by The National Strength & Conditioning Association. His expertise lies in the field of Biomechanics and Kinesiology or the study of human movement. Paul has 10 years of experience in the field and a strong background in sports performance training. He has worked with high school, collegiate and professional athletes including Lynn Jennings of Newmarket, N.H.

One To One Strength Training's 4,000 square foot facility was established in 1992. It was the lack of professional knowledge and experience in the health club industry that motivated Paul to start this company. His philosophy is based on functional movement training, not isolated muscle training. Functional, meaning transferable to the activities of everyday life. Movement training refers to exercises that require the most amount of muscle involvement. For

This is where the "personal training" industry has come up short by handing out thousands of certificates from hundreds of organizations without requiring a degree in the field. Knowledge in anatomy and physiology, exercise physiology, kinesiology and testing and evaluating should be minimum requirements.

example, whether you play golf, tennis or lift a bag of groceries from the floor to the countertop, there are lots of muscles that make those movements happen. Sitting or lying in a fancy machine isolating a particular muscle group will not prepare you for those movements. Using modalities such as medicine balls, sand bags, free weights and even your own body weight as core is the key to a proper strength and conditioning program. Exercise machines are important in many circumstances but as a general rule they should be auxiliary or exercises used to assist core movements.

One To One Strength Training's main focus is on education. The health and fitness industry is huge and the amount of misleading information in magazines, television, radio

and other media is endless. What is important to recognize is that physical fitness for most people is only a small component of their everyday lives. A comprehensive functional physical fitness program can be accomplished in 45-75 minutes, two days minimum, three days maximum per week. The key to continual progression in any conditioning program is change. The ability of a professional to measure and evaluate program variable so that appropriate changes to those variables can be made periodically to avoid plateaus, staleness and psychological boredom is very important.

This is where the "personal training" industry has come up short by handing out thousands of certificates from hundreds of organizations with-

out requiring a degree in the field. Knowledge in anatomy and physiology, exercise physiology, kinesiology and testing and evaluating should be minimum requirements. It is important, however, to recognize that these are not the only factors to consider when looking for a trainer or coach.

One To One Strength Training has a staff with a minimum of a bachelor's degree and all are required to be certified by either the American College of Sports Medicine or The National Strength & Conditioning Association. The staff is well diversified and has experience working with many populations including, but not limited to, cardiac rehabilitation, post physical therapy, sport performance training, weight loss and general conditioning.

As a physical fitness training and consulting company, the client uses the services provided to best suit their needs. One To One Strength Training has clients that come three times per week to six times per year.

Physical fitness programs are written after a consultation and an evaluation. There are weight training clinics, sports performance clinics, individual appointments and an open gym.

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- Open Gym
- Corporate Fitness
- Exercise & Fitness Clinics
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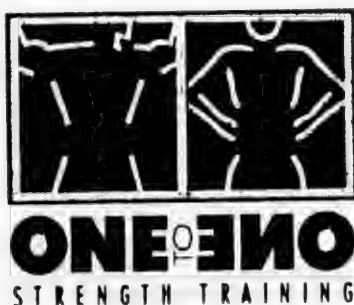
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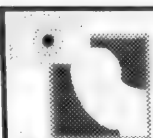
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SIGHT AND SOUND

Survey: Many not aware routine eye exams can detect serious diseases

Americans who participated in a Louis Harris and Associates survey reported that they have eye exams, regarded as the most reliable way to detect vision problems associated with certain systemic diseases, less frequently than general physical or dental exams. The survey showed that Americans are not aware that a comprehensive eye examination can help prevent health problems. Bausch & Lomb, a global eye care company, sponsored the survey as part of a nationwide consumer awareness program starting this fall.

Two examples of serious diseases that can be detected through a comprehensive eye exam are diabetes and high blood pressure (hypertension).

Early detection of both of these potentially debilitating diseases can increase the chances for successful management of the illness. Yet, the Harris survey showed that only 46 percent of Americans knew that an

eye exam can help detect diabetes, and only 34 percent knew that an eye exam can help detect high blood pressure.

Diabetes strikes 16 million Americans each year, and is the number one cause of blindness in the United States. Each year, 12,000 to 24,000 new cases of Diabetic Retinopathy (diabetic induced vision loss) occur in the U.S.

Hypertension (high blood pressure) is another debilitating disease that can be detected through a comprehensive eye exam. With its complications, hypertension is the leading cause of death in the United States. More than 43 million Americans have hypertension – and 30 percent of them are not aware of their condition.

Eye care practitioners nationwide are stepping up efforts to advise people about the importance of comprehensive eye examinations.

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SIGHT AND SOUND

Implant offers new option to hard-of-hearing

Could you or someone you know be one of the 28 million Americans who have some degree of hearing loss?

Studies show that people with hearing loss wait an average of seven years before seeking help. For many of these people, what starts as a slight problem may gradually become a severe or profound hearing loss.

"Early evaluation and careful monitoring by a qualified health professional are essential to maximize existing hearing, and to customize treatment programs for people with all degrees of hearing loss - from the mildly hearing impaired to the profoundly deaf," explains Max S. Chartrand, Ph.D., national coordinator of the Cochlear Network of Audiologists and the Cochlear Associates Program.

This surgically implanted device bypasses damaged parts of the inner ear, enabling recipients to receive sound information useful in understanding speech.

In the past, people with severe-to-profound hearing loss had no choice but to live in a silent world. Now, the Nucleus Spectra 22 Cochlear Implant System may be an option. This surgically implanted device bypasses damaged parts of the inner ear, enabling recipients

to receive sound information useful in understanding speech. Previously available only for profoundly deaf individuals, the implant is now also used by people who can hear sounds but cannot understand conversation through listening only.

For more information, call the Cochlear Implant Information Hotline at 800/458-4999 (VOICE) or 800/483-3123 (TDD). The Hotline operates weekdays, 10 a.m. to 7 p.m. Eastern time.



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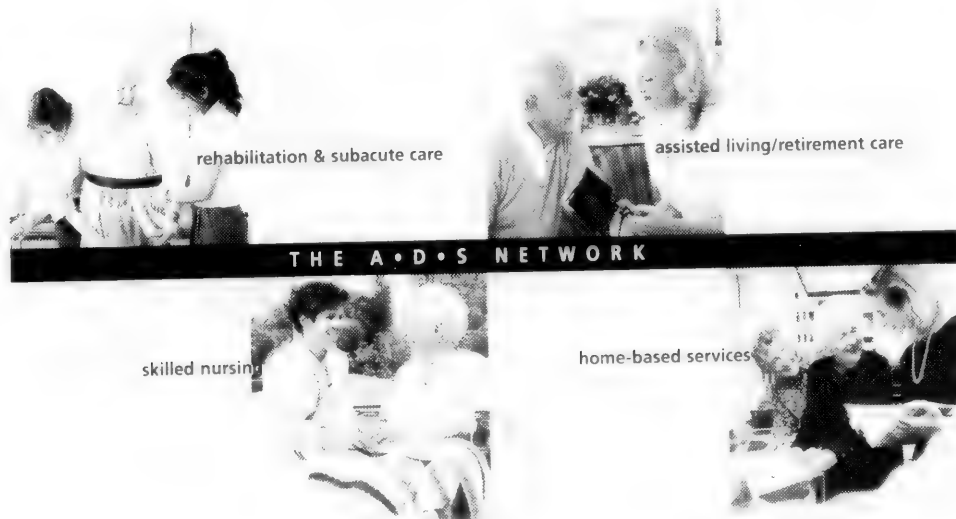
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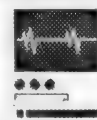
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HEALTHY HEART

Surviving high cholesterol

Real people wage a constant struggle with diet, exercise and medical advice needed to lead a healthy lifestyle. But the struggle is worth it since real people get heart disease.

Now people with concerns about their heart health have new tools to take control of their lives. *Low-Fat Living for Real People*, the consumer-friendly, "eat smart" book with a sense of humor, coupled with new medical research that is changing the way many doctors treat high cholesterol, can form a winning strategy for doctors and patients in the battle against heart disease and high cholesterol.

High cholesterol is the leading risk factor for coronary heart disease, which leads to 1.5 million heart attacks each year. However, there is a way to battle this silent enemy.

The first step is to get your blood cholesterol tested. If you find your cholesterol level is too high, you should work with your doctor to develop a complete treatment plan consisting of diet, exercise and, when appropriate, medication.

Fight back

There are three main ways to fight high cholesterol — through diet, exer-

cise and, when appropriate, medication. If you've already been diagnosed with high cholesterol, chances are your doctor has recommended a diet low in fat and cholesterol for you to follow.

In their book *Low-Fat Living For Real People*, Hahnemann University Hospital dietitian Francine Grabowski and humorist Linda Levy map out a strategy for people to take control of their eating habits. Hailed by the prestigious *Library Journal* and the *Mayo Clinic Health Letter*, the book cuts through the clutter of confusing literature on lowering cholesterol through a low-fat diet, while offering a unique and entertaining perspective. The book recounts Ms. Levy's first-hand experience of taking her family "heart healthy" after her husband developed a heart condition.

"By providing realistic and livable strategies, we spare people with heart disease a lot of what we went through in learning to adapt to a new lifestyle," said Ms. Levy. "This is serious business, but it doesn't have to be depressing."

Exercise is important too. Being physically active not only helps reduce high cholesterol, but it also helps

Continued on page 19

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HEALTHY HEART

Surviving high cholesterol

Continued from page 18

reduce other risk factors for heart disease such as high blood pressure.

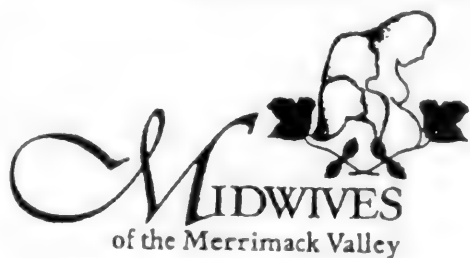
Call in the reinforcements

Although diet and exercise are very important, sometimes they are not enough. Some people's cholesterol is too high, no matter how hard they try.

Recent studies have proven that cholesterol-lowering with medication, in addition to diet and exercise, can save lives and prevent heart attacks in

people at high risk for heart disease.

"Integrating practical information about diet, exercise, and medication gives people the tools they need to help take control of heart disease and live longer," said Dr. Alan Wasserman, Professor and Associate Chairman of the Department of Medicine at George Washington University Medical Center. Talk to your doctor about the best strategies for you and form a partnership to monitor your progress and keep you on track toward your goals.



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GENERAL HEALTH

Health and fitness facts

Sounds are measured in decibels. Those quieter than 10 decibels are hard for the human ear to detect. Those louder than 120 decibels can be painful. A watch ticks at about 20 decibels.

The first toothpaste in recorded history was devised by Egyptian physicians about 4,000 years ago. Highly abrasive and pungent, it was made from powdered pumice stone and strong wine vinegar and brushed on with a chew stick.

Because the cells in your bones constantly break down old bone and replace it with new material, your skeleton is gradually but continuously renewed.

William Harvey, an English physician, showed in 1628 how blood circulates continuously through the human body.

The walls of your heart are made on muscle that contracts rhythmically – beats – about 100,000 times a day.

In 1900 newborn girls could be expected to live two years longer than boys. By 1981, girls were expected to live 7.6 years longer.

Swimming consumes about 12 calories a minute.

Twenty minutes of casual walking uses up about 60 calories.

Horseback riding uses up about 345 calories an hour – for the rider.

Cross-country skiing can use up 540 calories an hour.

Every 15 to 30 days, the body has entirely replaced the outer layer of skin.

According to the American Medical Association, most people should be able to walk up three flights of stairs without having to pause for breath.

Fat ordinarily accounts for about 10 to 20 percent of the weight of an adult male and about 25 percent of the weight of an adult female.

Regular, vigorous physical exercise, doctors say, helps your heart because exercise may widen arteries so complete blockage, such as a clot, is much less likely.

Doctors recommend you take a warm bath before bed (but not a brisk shower) to help you get to sleep.

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- Short-Term Recovery Program
- Parenteral Therapy
- Respiratory Therapy
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- Parenteral Therapy Feeding

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GENERAL HEALTH

Bacteria, not bosses, cause most cases of ulcers

(NU) — OK, maybe your boss is a pain in the neck. But you shouldn't point a finger at your supervisor if you develop a chronic stomachache from ulcers.

That's because bosses don't cause ulcers, according to the American Digestive Health Foundation. Neither do high-pressure jobs, misbehaving children or spicy foods.

Indeed, the real cause is the *H. pylori* bacterium, and the cure may be as simple as taking an antibiotic and other common medications to get rid of the infection.

What is an ulcer?

Ulcers are irritations or sores in the lining of the stomach that can cause severe pain. They can be caused by high doses of such anti-inflammatory drugs as aspirin and ibuprofen, especially if taken on a regular basis, and by the excessive production of stomach acid. But the most common offender is *H. pylori*, which lives in the stomach lining.

Apparently, few ulcer patients know a bacterial infection is the real cause of their disease. A recent

American Digestive Health Foundation survey revealed that 90 percent of Americans with digestive disorders believe ulcers are caused by stress. Sixty percent think the problem is diet.

What treatment works?

"Unfortunately, people are acting on these misperceptions and battling their ulcers by attempting to reduce the amount of work-related stress in their lives and eliminating fatty, fried or spicy foods from their diets," says Martin Brotman, M.D., ADHF chair, president and CEO of the California Pacific Medical Center. "Today, most doctors agree that special diets do nothing to help cure ulcers."

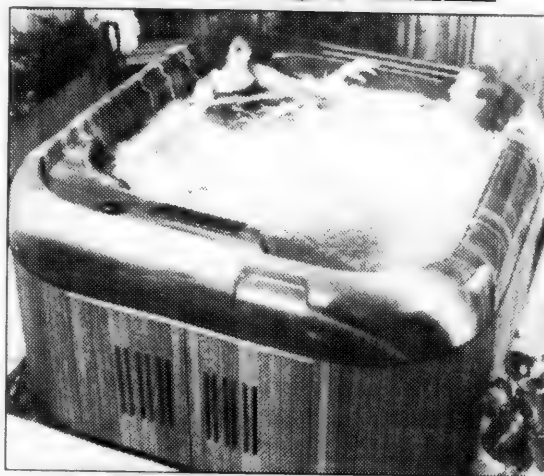
Along with antibiotics, doctors usually recommend an acid-reducing drug until the ulcers are cured.

Methods of testing

Gastroenterologists, specialists trained in diseases of the digestive tract, can test for *H. pylori* infection by taking a small sample of the lining of the stomach during an endoscopic examination. Endoscopy is a

Continued on page 23

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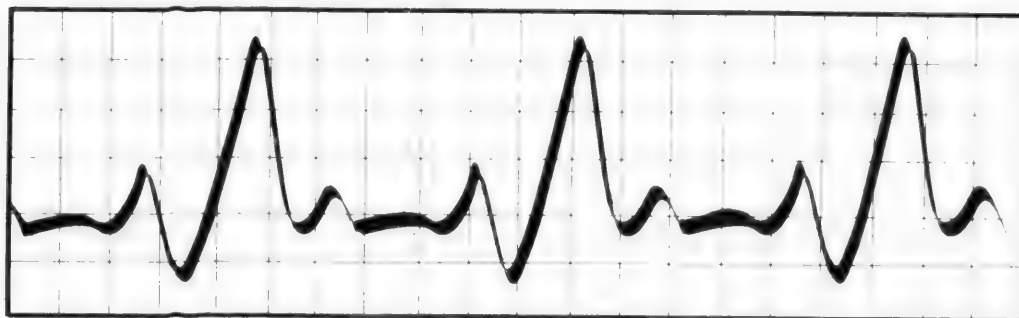


George D. LeMaitre, M.D., F.A.C.S.

Clinical Instructor In Surgery
Tufts University School of Medicine

Major Risk Factors Contributing To VASCULAR DISEASE

- Hypertension
- Family History
- Cigarettes
- Diabetes
- High Cholesterol



If you have any of these,
I advise you to see your personal physician.

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GENERAL HEALTH

The Great American Smokeout is Nov. 21

Background

- According to the American Cancer Society, more people try to quit smoking on the Great American Smokeout than any other day of the year, including New Years.
- Smoking is the number one preventable cause of death in the United States and Massachusetts. Each year, 10,000 Massachusetts citizens (more than 400,000 Americans) die from smoking related illnesses – more than AIDS, car accidents, murder, suicide, alcohol and drug abuse combined.
- Ninety percent of all smokers start before age 18.
- Most smokers want to quit. A 1993 Gallup poll found that 81 percent of smokers would not start smoking if they had it to do over again.

Since the Great American Smokeout began:

- More than 46 million Americans have quit smoking. In Massachusetts, approximately 21 percent of citizens – or one million people – smoke.
- Adult smoking rates have declined nationally by approximately 40 percent since 1965, while teenage

smoking is at a 16-year high. Today, 3.1 million American teenagers are regular smokers and 35 percent of all high school kids smoked in 1995.

- Per capita consumption of cigarettes (as reported by the Tobacco Institute) has declined 35 percent in Massachusetts, from 119 packs per person in 1977, to 77 packs per person in 1995.
- Eighty-five percent of American businesses have adopted some form of smoking policy. In Massachusetts, nearly 80 percent of the top 3,000 employers are smoke-free.
- The transdermal nicotine patch has been introduced (1992) and is now sold over the counter.
- Second-hand smoke has been classified as a "Class A" carcinogen (1993) by the United States Environmental Protection Agency.

- An airline smoking ban has gone into effect, which bans smoking on all scheduled domestic flights of six hours or less (1990). According to the U.S. Department of Transportation, 80 percent of international flights which originate in the U.S. are currently smoke-free.

Do you really want to put this stuff in your body?

There are more than 4,700 chemicals in cigarette smoke including:

Cancer causing agents

Nitrosamines
Crysenes
Cadmium
Benzo(j)fluoranthene
Polonium 210
Nickel
P.A.H.s
Dibenze Acisine
B-Natphylamine
Urethane
N. Nitrosonornicotine
Toluidine

Metals

Aluminum
Zinc
Magnesium
Silver
Titanium
Lead
Copper

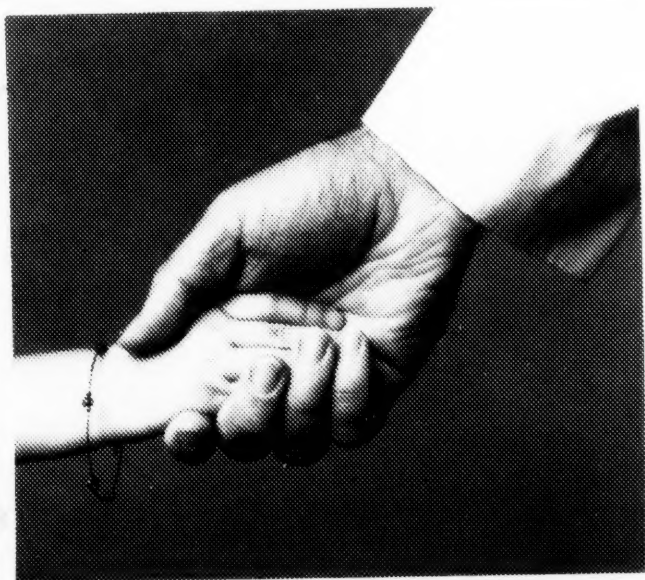
Other chemicals

Formaldehyde - body preserver
Hexamine - Barbecue lighter

Hydrogen Cyanide - Gas Chamber Poison

Methane - swamp gas
Methanol - jet and rocket fuel
Naphthalene - moth balls
Nicotine - insecticide/addictive drug
Nitrobenzene - gasoline additive
Nitrous Oxide Phenol - Disinfectant
Stearic Acid - candle wax
Toluene - poisonous industrial solvent
Vinyl Chloride - Makes PVC
Acetone - Nail Polish Remover
Ammonia - floor and toilet cleaner
Arsenic - poison
Butane - cigarette lighter fluid
Cadium - used in batteries
Carbon Monoxide - poisonous gas in auto exhaust
DDT/Dieldrin - insecticides
Ethanol - alcohol
Cyanide - a deadly ingredient in rat poison
Benzene - poisonous toxin that in trace amounts forced the global (Perrier) water recall.

Provided by the American Cancer Society.
Source: U.S. Department of Health and Human Services and Environmental Protection Agency.



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GENERAL HEALTH

Fashionably fatal: Cigar smoking can be a dangerous hobby

(NAPS) — All of a sudden, you see celebrities puffing away on them at Hollywood bashes, magazine covers featuring supermodels smoking them and sophisticated diners lighting up in restaurants. It's a fact. Cigar smoking has increased dramatically in the last few years. According to government statistics, Americans smoked 2.34 billion large cigars from July 1994 to June 1995, a seven percent increase from the previous year and the first rise since 1970.

Unfortunately what society deems as glamorous and stylish is actually a potentially fatal hobby, according to the American Association of Oral and Maxillo-facial Surgeons (AAOMS).

Health concerns need to win out over fashion

Despite the rise in cigar tastings, cigar nights in chic dining spots and cigar club meetings, the fact remains: cigar smoking is dangerous. The risks associated with smoking cigars include oral and lip cancer, gum disease and other serious complications, warns AAOMS.

More than 28,000 new cases of oral

cancer were diagnosed in 1995, and during the same period it caused 9,000 deaths. Cigar and pipe smokers have four to ten times the risk of dying from laryngeal, oral or esophageal cancer than non-smokers.

Don't get hooked

Since a large cigar carries the nicotine kick of about four or five cigarettes, even a few cigars per week or month might produce nicotine cravings. Although, the harmful effects of cigar and pipe smoke appear to be largely limited to those sites which are exposed to the smoke of these products, evidence from countries where smokers tend to consume more cigars and inhale them to a greater degree than in the United States, indicates that the incidence of lung cancer becomes elevated to levels approaching those of cigarette smokers.

As early identifiers of and treatment specialists for oral cancer, AAOMS warns people not to smoke cigars or use any type of tobacco. If, however, you don't kick the habit, oral and maxillofacial surgeons rec-

ommend a monthly self-examination.

Look for the danger signals including:

- reddish or whitish patches within the mouth
- a sore that fails to heal and bleeds easily
- a lump or thickening of the tissues
- chronic sore throat or hoarseness
- difficulty in chewing or swallowing

To complete an oral examination using a bright light and a mirror:

- look and feel inside of lips, front of gums
- tilt head back to look at and feel the roof of mouth
- pull each cheek out to see the inside and also the back gums
- put out tongue, look at all surfaces
- feel lumps or enlarged lymph nodes (glands) in both sides of the neck and under the lower jaw

Write to AAOMS Department P1Z for a detailed brochure on lip and mouth cancer, at 9700 W. Bryn Mawr, Rosemont, Ill. 60018-5701.

Bacteria, not bosses, cause most cases of ulcers

Continued from page 21

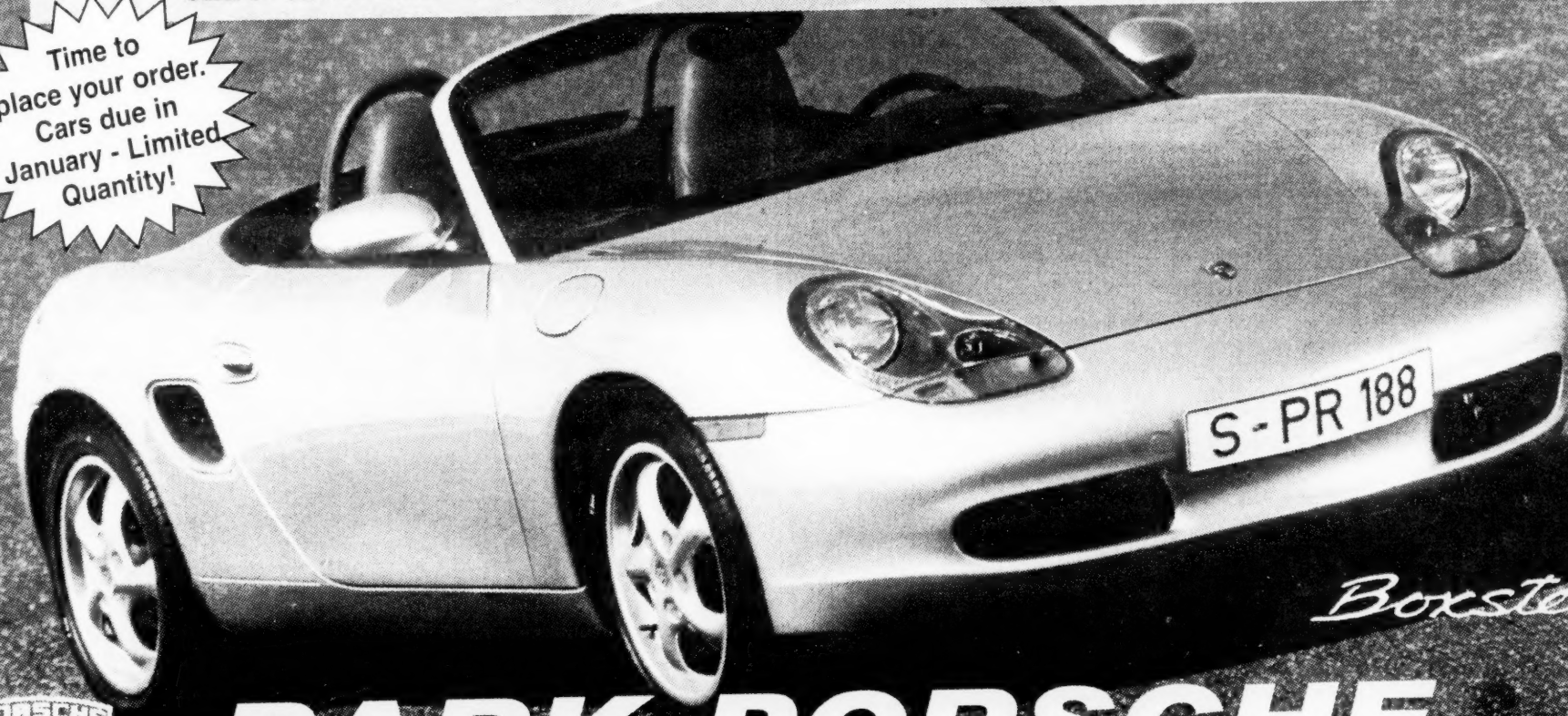
method of viewing the stomach and duodenum through a tube that passes through the mouth into the stomach. The bacteria also can be detected through a blood test. Though not yet available in the United States, a breath test for detecting the presence of *H. pylori* also is under development.

If you think you have an ulcer, talk to your doctor or gastroenterologist, or call 1-800-NO-ULCER (1-800-668-5237).

The American Digestive Health Foundation is a cooperative effort of the American Gastroenterological Association, the American Society for Gastrointestinal Endoscopy and the American Association for the Study of Liver Diseases, and fosters research and education about digestive disease.

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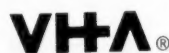
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